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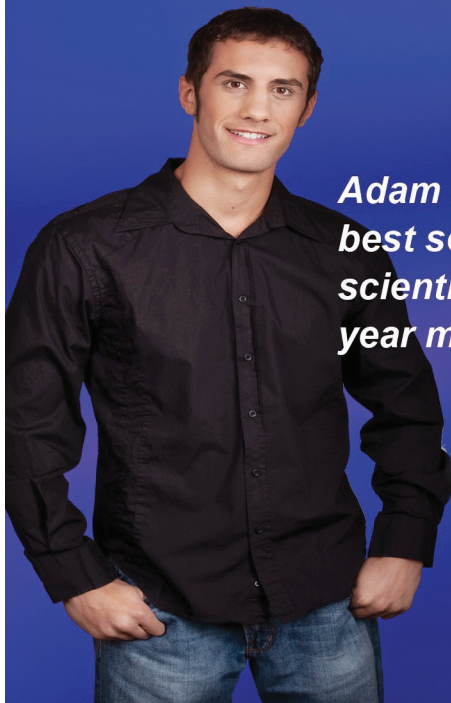
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**Publisher & Senior Editor** - Joseph Roberts  
**Managing Editor** - Sonya Weir  
**Advertising Sales** - Joanne Fleming, Adam Sealey  
**Design & Production** - www.perbluesky.ca  
**Proofing** - Anthony Prosk

#### Contributors:

Robert Alstead, Steve Anderson, Shawn Buckley, Alan Cassels, Adrien Dilon, Mackenzie Gray, Carolyn Herriot, Meredith Lawrence, Rod Marining, Vesanto Melina, Barbara Mintzes, Faisal Moola, Ray Moynihan, Christiane Northrup, Treasa O'Driscoll, Gwen Randall-Young, Joseph Roberts, Lucy Sharratt, David Suzuki, Eckhart Tolle, Ronald Wright

**Sales** - Head office 604-733-2215  
 toll-free 1-800-365-8897

#### Contact Common Ground:

Phone: 604-733-2215  
 Fax: 604-733-4415  
 Advertising: joanne@commonground.ca  
 adam@commonground.ca  
 Editorial: editor@commonground.ca

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## Belief can threaten your health - especially if you believe in drug company marketing

**WRITING ON THE WALL** by Joseph Roberts

There is a mental divide in different belief systems about well-being. Between 'killing' disease vs. supporting health. Stated another way, a pound of prevention is worth a ton of cure so where do we get the best value for our health tax dollars?

In his report *Investing in Prevention*, BC's Provincial Health Officer Dr. Perry Kendall said we "consume too much of the wrong food and drink, have reduced access to healthy foods, get too little physical activity and live in environments that are less that supportive of active, healthy living opportunities." At *Common Ground*, we have been saying that for 29 years. So why is the current Campbell-Harper HST government taxing fitness memberships and healthy foods while acting with the intent to remove natural health products from our store shelves? Could it be because not all people really want everyone to be healthy and happy?

There are people running very lucrative pharmaceutical companies who, like tobacco barons, make more

money the sicker people are. Their fiduciary duty is to maximize profits and, although it is little known, some of these people actively sell sickness (market the problem) and devise ways to convince regulators and prescribers that, if they are doing their job properly, they really must prescribe their drug (sell their solution). Unwary consumers bear the side effects.

When people hear about thousands dying from a government-approved, MD-prescribed drug, followed by a class action lawsuit which finds the drug company guilty of not disclosing its drug's disastrous side effects, most normal people ask, "How could these corporate managers (i.e. people) knowingly let their products harm people?"

Remember that drugs like Thalidomide and Celebrex were government approved and then prescribed by doctors who went to the best medical schools yet hundreds of thousands of people were harmed or died. Courts subsequently found the pharmaceuti- cont'd page 16...



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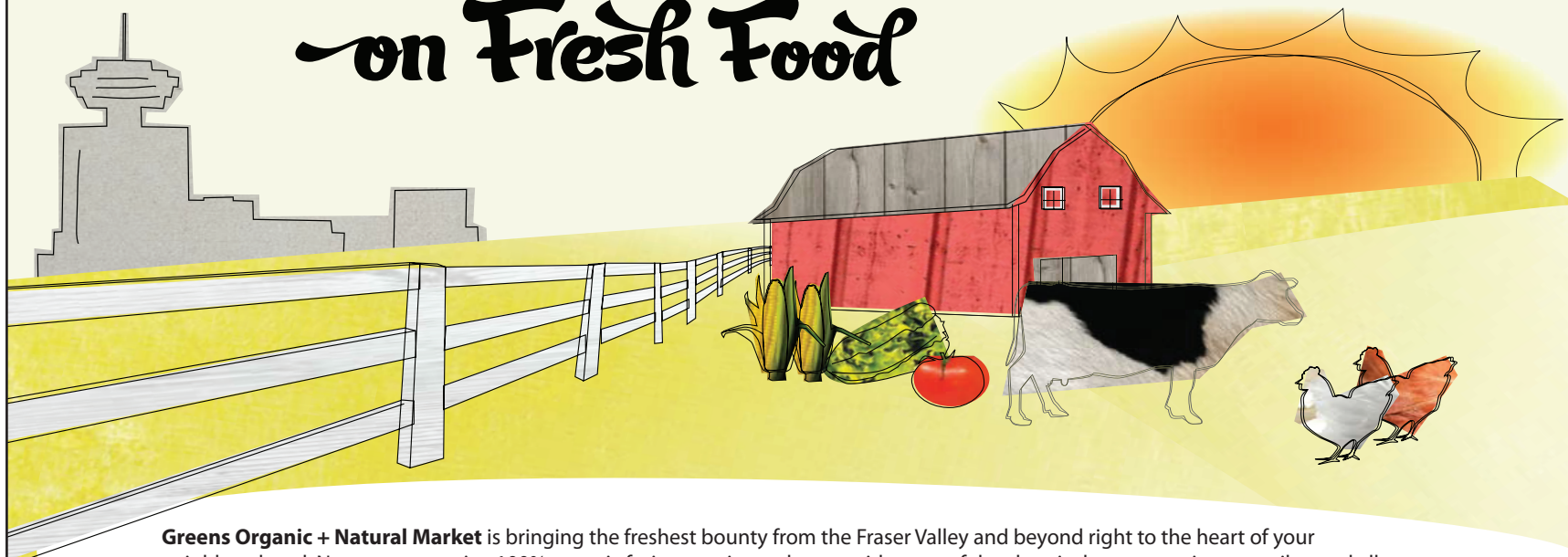
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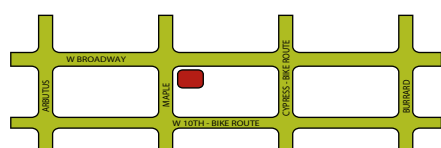
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# Sex lies & pharmaceuticals

## How drug companies plan to profit from female fear of sexual dysfunction



by Ray Moynihan and Barbara Mintzes

*At first I thought it was great but now I'm worried that...he might be getting reliant on it...and in some ways, you know, I don't even like thinking about that, cause it's like 'God, does someone have to take a pill to have sex with me?' – 33-year-old woman whose partner took Viagra.*

**D**URING THE last year or so, has there been a period of several months or more when you lacked interest in having sex? When you felt anxious about your sexual performance or were unable to achieve an orgasm? Was there an extended time when you had trouble getting aroused, experienced pain on intercourse or just didn't find sex pleasurable? If you answered 'yes' to just one of these survey questions, and you're a woman, you could easily be classified as suffering from a brand new medical condition called 'female sexual dysfunction', or FSD. First described in the textbooks only a few decades back, FSD is set to become the next blockbuster medical condition, coming soon to a doctor's surgery near you. As the ups and downs of daily life are re-categorised as the symptoms of medical diseases, soon all of us will be sick.

One of the women who actually helped write the definitions of female sexual dysfunction puts it very clearly. '[W]hat once was considered normal,' wrote American psychologist Sandra Leiblum, 'has come to be considered dysfunctional.' Nowadays, if a woman lacks the desire for sex, and is bothered by it, she could be diagnosed with a disorder of low libido. That's just one of the four main disorders of female sexual dysfunction described in one of the leading manuals of diseases. The others include disorders of arousal, orgasm and pain. As the evidence plainly shows, forces are fast amassing to tell you, and your doctor, that close to one in every two women suffers from some form of this new medical condition.

The giant pharmaceutical industry – with worldwide sales now approaching a trillion dollars a year – is hungrier than ever for new markets. In order to maximise sales, the industry must 'create the need' for its newest and most expensive products. Sometimes that means selling sickness to the wealthy healthy, helping transform common ailments into widespread conditions that require treatment with the latest pills. Applauded for producing medicines that extend life and ameliorate suffering, drug companies no longer

simply sell drugs; they increasingly sell the diseases that go with them.

Female sexual dysfunction is perhaps the perfect example of selling sickness, and the commercial firepower behind its forthcoming promotion is simply awe-inspiring. 'With more than 50 million potential sufferers in the United States, FSD could offer a larger market than male sexual dysfunction,' wrote a pair of enthusiastic market observers. 'FSD could be the next boon for pharma companies...' If a drug is approved to treat this condition in the United States, the tsunami of marketing that will be unleashed in the media and on the web will soon swamp the shores of nations everywhere. According to industry reports, one company on the verge of having its product approved for women had set aside \$100 million for the drug's advertising budget alone.

Three global corporations in particular have been at the forefront of the race to spread the word about this new medical condition and get their drugs approved to treat it. Pfizer, the biggest pharmaceutical company in the world and currently worth well in excess of \$100 billion, has had high hopes that its wonder drug for men, Viagra, will also work for women. Procter & Gamble, with global annual sales of almost \$80 billion, is famous for selling soap to housewives, but it also wanted to sell them testosterone patches as well. The third corporation featuring in this drama is the family-owned German outfit Boehringer, which boasts just over forty thousand employees and has affiliated companies in almost 50 countries. The German company's pill targets the brain, with claims it can give women back their lost desire.

So what exactly is this condition called FSD? The answer depends a little on the solutions being sold at the time you ask the question. If Pfizer is promoting a drug that enhances blood flow to the genitals, then the condition might best be described as an 'insufficiency' of vaginal engorgement. If Procter & Gamble is pushing its testosterone patch as a cure for women, the sexual disorder is discussed as a 'deficiency' of hormones. And if Boehringer has a pill that affects the mind's neurotransmitters, women with low libido may have a 'chemical imbalance' in their brains. In a strange way, the disease seems designed to fit the drug.

A forward-looking business intelligence report in 2003 named FSD drugs as an area of great future growth for the pharmaceutical industry, part of the

burgeoning 'lifestyle' market including medicines for baldness, smoking cessation and obesity. The report was prepared for industry insiders and, with a hefty price tag, was never intended for public consumption. However, a leaked copy described how drug companies were 'expanding the patient pool' by using marketing campaigns to change public perceptions about things that used to be considered part of normal life. 'The medicalisation of many natural processes,' the report observed, 'is creating markets for lifestyle drugs for those who want to optimise quality of life.' It predicted that the market for FSD drugs could soon approach a billion dollars a year. The days when the treatment of sex problems was dominated by the idea that therapy could render sexual inadequacy obsolete were quickly forgotten, swept away in a collective enthusiasm for new panaceas to treat this new dysfunction, and the billions that might flow from it. But the enthusiasm was not universal.

A New York university academic, Dr Leonore Tiefer, was by now pointing out in her writings that the post-sixties opportunities for the sexual emancipation of women were sadly being squandered in the medical takeover of sex. Rather than attaining further freedom, the fear was that women were being subtly encouraged to feel inadequate, or even dysfunctional, if they failed to live up to a new unrealistic norm of a constant desire for sex. Right on cue, the new blue pill bounced straight from the doctor's surgery to the centre of popular culture. Viagra famously made a cameo appearance in the television series *Sex and the City* when Samantha took the drug and apparently enhanced her already considerable sexual enthusiasm. Apart from her broader social critique, Tiefer was also busy documenting drug company sponsorship of all the important meetings where the new disorders were being developed. The resulting evidence offered a rare insight into the extraordinary extent of pharmaceutical involvement with an emerging field of medicine.

### Marketing to men as a glimpse into the future of marketing to women

When Viagra was first launched, older couples were used as models in advertising, and the United States ex-presidential candidate Bob Dole appeared in Pfizer's commercials, speaking about his experiences using the drug after he'd had surgery for prostate cancer. Messages like this have rightly been credited with help-



ing to de-stigmatise erection problems and allowing men to speak about what was a source of hidden personal shame. But as those who've tracked the advertising have observed, within a few short years the marketing strategy was shifting from a focus on older men and men with medical problems to a much broader and younger age group. In the United States, one of the few places in the world where it is legal to promote prescription pills direct to the public, there have been some classic advertisements helping to broaden the drug's reach.

One magazine ad featured a close-up photo of a ruggedly handsome man around the age of 40 with the bold headline: 'Viagra. It works for older guys. Younger guys. Even skeptical guys.' Then, in the small print, the ad asked its readers: 'Think you're too young for Viagra? Do you figure, "It only happens once in a while so I'll live with it"? Then nothing's going to change, especially your sex life.' The message was clear: even the most occasional

images of a woman's flashbacks to romantic moments, a television commercial's voice-over asked: 'In the mood for something different? How about Levitra? Ask your doctor if Levitra is right for you. It's the best way to experience that difference.' The approach must have worked. For this class of medicines, the drug companies were soon spending far more on these advertisements than they were spending on sending sales representatives to visit doctors. Normally, it's the other way round.

This focus on advertising to the public as a key promotional tool is very closely linked to how the condition of erectile dysfunction, or ED, has been expanded far beyond earlier definitions of male impotence. Inflated estimates of how many men suffer from the condition have subtly been mixed with suggestions that any degree of inability to have an erection, at any time, is too much. The implied message from so much of the advertising is that a younger man's sexuality is the norm against which all men, at

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erection problems could benefit from being treated with a drug. It wasn't long, though, before the marketing seemed to be reaching out to an even wider group – men like the anonymous Canadian man interviewed elsewhere in this book who weren't impotent at all, but simply wanted to enhance their sex lives. For North American readers, a lot of this advertising will be all too familiar, but for people living elsewhere the audacity of some of the claims will be simply fascinating.

One high-profile television commercial featured a man and a woman walking down the street, shopping. They first look at high-heeled shoes and the man then admires a mannequin in sexy black underwear, as the voice-over says: 'Remember that guy who used to be called "Wild Thing?" The guy who wanted to spend the entire honeymoon indoors? Remember the one who couldn't resist a little mischief? Yeah, that guy.' At this point, Viagra-blue horns sprout from behind the man's head to a blast of trumpet. 'He's back,' says the ad triumphantly, as the horns then become the V for Viagra.

And pretty soon Pfizer wasn't the only company doing it, as the industry brought us Levitra and then later Cialis, with their rounds of promotion helping to further expand the market. Amid

any age, should measure themselves. And that means the changes in sexuality that happen as we age can become portrayed as medical problems to be treated. That a man may have grown in experience and sensitivity as he's aged, and may have become a better lover as a result, is simply not part of the picture. This construction of new norms is certainly something for which to watch out as the campaign to promote female sex drugs intensifies.

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*Ray Moynihan has been investigating the business of health care as a journalist for over a decade. He is the author and co-author of three previous books, including Selling Sickness, which has been translated into a dozen languages. He lives in Byron Bay, Australia.*

*Dr. Barbara Mintzes investigates the link between clinical trials and pharmacosurveillance evidence on drug safety and effectiveness. She is an assistant professor in the Department of Pharmacology & Therapeutics at the University of British Columbia.*

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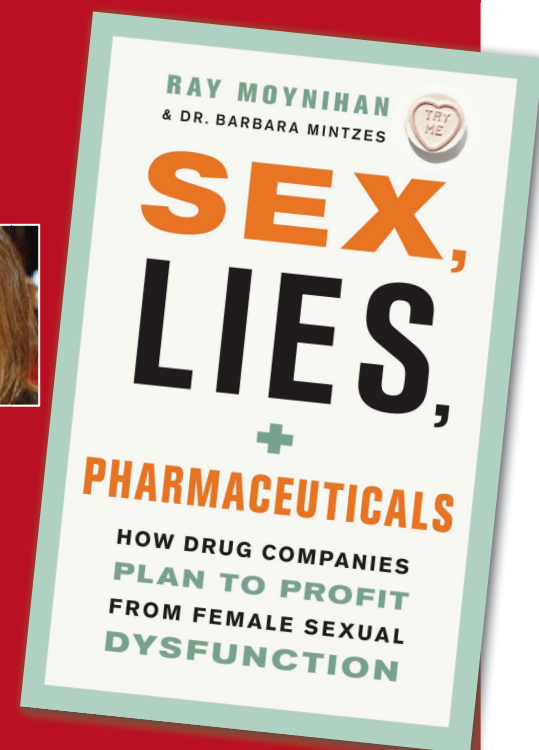
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# Sexuality in menopause

by Christiane Northrup, M.D.



**NOV. 3:** *An evening with Dr. Northrup Women's Bodies, Women's Wisdom: Flourishing in a Female Body See inside back cover ad for details*



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**D**O YOU remember the first time you fell in love? Chances are you thought you had discovered the moon and the stars. The lyrics to songs seemed to be written about you. And you probably didn't even think about eating or sleeping. When a woman falls in love, she experiences an almost overwhelming influx of energy, filling her with exhilaration, benevolence, vigor, creativity and often insatiable sexual desire.

This first-love feeling can be experienced at any life-stage or age when we are able to connect at a deeply emotional and spiritual level with another person. But at midlife, the challenge for most women is to be able to access that in-love feeling in ways other than looking to another person for fulfillment and gratification. In other words, if

you think of sexual energy in the largest possible context – as life force, or Source energy – then it is easy to see that the health and vitality of our sexuality is inexorably linked to the health and vitality of our lives.

## Listen to your body

It is a common misconception that sexual desire and activity inevitably decrease at menopause. Although this is true for some women, it certainly doesn't have to be the truth for all. What we believe about sexuality at menopause has a lot to do with our sexual expectations and experience. And many women who are in the process of negotiating how to tap into their source energy at midlife notice a decrease in sexual desire. In one study, 86 percent of women reported

some form of sexual dysfunction, usually in the form of loss of sexual desire, often associated with vaginal dryness, dyspareunia (pain during intercourse), vaginismus (painful spasms in the vaginal muscles), loss of clitoral sensation and touch sensation impairment.

Determining the cause of sexual problems can be difficult. Sometimes, menopause-related hormone deficiency is to blame. But sexual function is a complex, integrated phenomenon that reflects the physical health of not only the ovaries and hormone balance, but also the cardiovascular system, the brain, the spinal cord and the peripheral nerves. In addition, there are almost always underlying psychological, sociocultural, interpersonal and biological influences that affect individual sexual function. Inter-

estingly, of the 14 percent of women in the study who reported no sexual problems, one-third admitted they had previously had sexual problems but that the problems had been resolved when they found new sex partners.

It is also important to note that health conditions and medications may also interfere with sexual functioning. Women suffering from gynecological problems, hypertension (high blood pressure), diabetes, chronic pain, alcoholism, drug use (including cigarette smoking), thyroid deficiency or depression, as well as those who use anti-hypertensive medications, tranquilizers or sedatives, ulcer medications, glucocorticosteroids, antihistamines or antidepressants, may suffer some sexual dysfunction.

What causes this? Are you worried about perimenopause and how it will affect your sex life? Many of the following midlife changes in sexual function have been associated with normal perimenopause:

- Increased sexual desire
- Change in sexual orientation
- Decreased sexual activity
- Vaginal dryness and loss of vaginal elasticity
- Pain or burning with intercourse
- Decreased clitoral sensitivity
- Increased clitoral sensitivity
- Decreased responsiveness
- Increased responsiveness
- Fewer orgasms, decreased depth of orgasm, increase in orgasms, sexual awakening.

As you can see by this list, change itself, and not the nature of the change, is the common theme. It's important to remember that during the perimenopausal transition, with all of its changes, a woman's libido may go underground for a while as she reprioritizes her life and the manner in which she uses her energy. This is perfectly normal and can yield great dividends. But it is only temporary. There is no reason for diminished sex drive to become permanent after menopause. And while some women truly do notice a decline in libido at menopause, others actually experience heightened sexual desire and activity after menopause.

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## Spiritual and holistic options

Here's how to keep your libido high after menopause:

1. Overcome cultural barriers.
2. Update your relationship.  
Communicating with your partner is the key to maintaining a healthy sexual relationship. While you may have a good relationship, it may be time to renegotiate some of the terms. Question what is no longer viable in your relationship and work with your partner on rekindling your passion together.
3. Make time for yourself and your partner.  
It can be hard to make the transition from caring for everyone else to taking care of yourself. When you make time for yourself, and allow some time to connect with your partner, your passion for each other will return.
4. Get your hormone levels checked.  
Androgens are the hormones associated with libido; however, declining levels of estradiol (E2) can also affect a woman's potential for sexual arousal. Having a baseline panel is ideal; it may help you to know what your hormones levels are when your sex drive is normal for you so that, if and when you notice a change, you can test your hormones again to see if anything has changed.
5. Try progesterone cream. A little progesterone cream is often all you need to restore your libido. As a precursor to estrogen and testosterone, progesterone is important in maintaining sufficiently high levels of the other hormones for optimal sexual pleasure. A normal balance of progesterone also acts as a mood stabilizer and supports normal thyroid function.
6. Use over-the-counter lubricants. Regular intercourse, itself, helps keep the vaginal tissue strong and well-vascularized. However, some women experience uncomfortable vaginal dryness during menopause, even though their libido is fine. There are plenty of treatments that can help with this problem, including over-the-counter lubricants. Other solutions to vaginal dryness include estriol vaginal cream or herbal remedies taken systemically, such as black cohosh, wild yam, Dong Quai or chasteberry. Vitamin E suppositories are also helpful.
7. Exercise. There is hardly a menopausal symptom that exercise cannot help, including low libido.
8. Tell the truth about your sexuality. All humans are sexual by nature. How you choose to express your sexuality depends upon many factors including your upbringing, your hormones levels, your general overall health and your level of satisfaction with your current partner, if you have one.
9. Read *Hot Monogamy* by Dr. Patricia Love. Dr. Love has identified nine factors that can help sustain libido and cultivate a sensual relationship with your partner and yourself.

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Christiane Northrup, M.D., a board-certified ob/gyn, is a visionary pioneer, beloved authority in women's health and wellness and the author of the ground breaking New York Times bestsellers, including the newly revised Women's Bodies, Women's Wisdom and The Wisdom of Menopause. Her third book, Mother-Daughter Wisdom, was voted Amazon's #1 book of 2005 (in two categories). Her latest books, The Secret Pleasures of Menopause and The Secret Pleasures of Menopause Playbook, teach how to experience joy, pleasure, prosperity, fulfillment and vibrant health. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to helping women truly flourish on all levels through tapping into their inner wisdom.

### References

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## Sexual dysfunction Men especially susceptible to the quick drug fix

**DRUG BUST** Alan Cassels

**S**UCCESS BREEDS success, right? In the last decade, we've seen the incredible success of sexual performance enhancing prescription drugs for men. Gears are shifting and we're now seeing drug makers getting all hot and bothered about marketing new pills to the other half of the population. Already, the race to discover the first treatments for female sexual dysfunction, dubbed the "pink Viagra," is creating a mini-industry unto itself, most notably in grist for talk shows, documentary films and books, one of which

it make my equipment "work?" Can it help me "complete" the job? If a drug answers "yes" to any of these, it'll sell. Compared to the vast terrain of female sexuality, we men are mere putty in the hands of the marketers.

In terms of sexual interest, is this often a problem for men? I'd say the opposite. If anything, men who are overly libidinous are a million times more common than men lacking in sexual desire. If women were running pharmaceutical research labs, they'd probably put their research efforts into products

**In the fast pace world of marketing, Erectile Dysfunction is already becoming passé and we men are now facing a new and growing condition that could affect up to 40 percent of the male population. Yes, I'm talking about premature ejaculation (PE) the hottest new disease to almost hit the comedy stage.**

is featured in these pages this month. I haven't read it yet, but I imagine Ray Moynihan and Barbara Mintzes' new book *Sex, Lies and Pharmaceuticals* will soak the reader in stories of scandal and outrage, as they document the drug industry's efforts to medicalize and medicate the libidos of women around the world.

Trying to capitalize on women's fears of what is considered "sexually normal" will prove to be a daunting task for the drug industry. If the marketing wizards in the drug industry are modelling their efforts on past attempts to medicate male sexuality – with testosterone, Viagra or other treatments – they're in for a big surprise in applying this wisdom to women. At the risk of stating the obvious, let's just say sex is a lot more 'complicated' for women and, as a group, they are a lot less likely to be receptive to having their libidos turned into markets.

Developing drugs and markets for male sexual problems seems very basic, the targets being one of two things – desire or plumbing. The desire part deals with low energy or low libido, the plumbing part with erection or ejaculation. Basically, when it comes to treatments to enhance the sex lives of men, we men are only interested in three questions: Can it get me interested? Can

that reduce, rather than increase, male sexual desire. They'd then market those products to women, but let's leave that one for another day.

For sure, some men who lack energy or sexual desire would certainly welcome a drug to restore them to the prowess and sexual energy they had when they were 25-years-old. Currently, the most common treatment sold is testosterone replacement. The condition of "low T" – "andropause" – is a reality for many men as they age and their levels of testosterone drop, causing them to be more grumpy, more tired, more in need of naps and, of course, less efficient in bed.

For some men, curing "low T" is as simple as rubbing a bit of testosterone gel on their chest or swallowing a pill. Ads selling testosterone drugs use the classic checklist approach, the type that plants the seeds of self-doubt and gets you to see a doctor. They ask, "Are you tired? Moody? Have little sexual interest?" That checklist pretty well sums up most guys my age but it's the ad's tagline that will capture us in the net: "Getting old is natural. The goal is... to make feeling old optional." I'll have a bucket of that.

Like any mongered disease, there are a few men with extremely low testosterone who may really benefit from testoster-



## HEALTH

one replacement, even as the jury is still out on its long-term effects. It is worth remembering the fact that it took society nearly 40 years to discover that Hormone Replacement Therapy for women was not helpful, but actually dangerous when taken over the long term.

But on to the plumbing problems. We might think that male sexual problems didn't exist before the invention of Pfizer's "Riser" Viagra – Hugh Hefner's suggestion for the drug's street name – which came to the market in 1998, but they did. We just called it impotence. We never talked about it and we certainly wouldn't have asked our doctor about it. Yet before the drug arrived on the scene, impotence got a makeover and the nice, new medical-sounding term "Erectile Dysfunction" was developed. Now, it was OK to bring it up with the doctor.

About 10 years ago, I interviewed an official at a big Manhattan public relations firm, which helped create the Viagra marketing campaign. She recounted a story about former presidential candidate Bob Dole's backstage conversation with Larry King a few minutes before he was to appear on *Larry King Live*. When chatting about what was going on in his life, he told Larry about a clinical trial he was participating in for an erectile dysfunction drug. Larry asked, "You don't want to talk about that, do you?" "Sure," Dole replied. The rest is history, with Bob Dole helping kick off a national campaign urging men across the country to seek help for this dysfunction. Hired to front for Pfizer on the Viagra file, Dole was later dumped in a corporate decision to target younger men in Pfizer ads. After all, you wouldn't want impotent-looking old men as the public face of your exciting new drug, would you?

This leads me to a skill testing question: Which Canadian province spends 25 percent less per capita on prescription medication than the rest of the country, except for prescription drugs for erectile dysfunction, where it spends 13 percent more? If you guessed British Columbia, you'd be right.

If you know why this is, please let me know. I'm collecting theories and I

refuse to believe the "BC Bud" theory, which says that men in BC have more impotence than the rest of the country because they consume so much BC Bud. Is this true? I dunno but it sounds vaguely plausible.

In the fast pace world of marketing, Erectile Dysfunction is already becoming passé and we men are now facing a new and growing condition that could affect up to 40 percent of the male population. Yes, I'm talking about premature ejaculation (PE) the hottest new disease to almost hit the comedy stage.

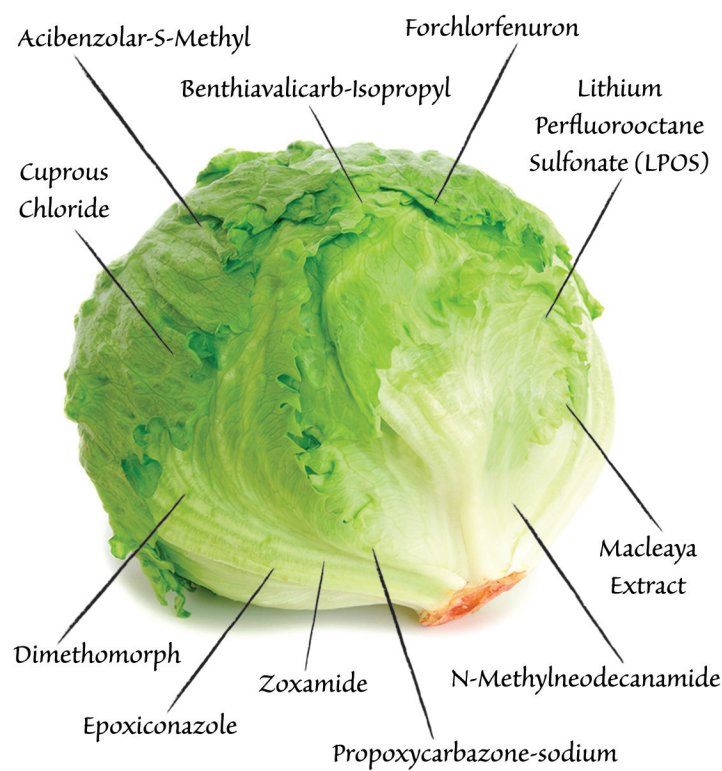
Back in 2004, drug maker Johnson & Johnson approached the FDA in the US to get approval for dapoxetine, its exciting, new, experimental drug for PE. The company stated dapoxetine "increased intra-vaginal ejaculatory latency (IEL) time" (use your imagination to figure out what that means) better than a placebo. They even had two 12-week, randomized, placebo-controlled studies involving about 2,600 men. The FDA gave Johnson & Johnson the thumbs down; the drug is not approved yet in Canada either, though it has been approved in a number of European countries.

Dapoxetine, which is in the same family of SSRI antidepressants as Prozac and Paxil, was actually a reconstituted antidepressant. Researchers and physicians have known for many years that one of the side effects of SSRIs is delayed ejaculation. In the brazen and bizarre world of drug marketing, the side effect becomes the effect.

That hasn't stopped the industry from creating other PE drugs, such as PSD502, a spray-on drug that is to be applied five minutes before intercourse. It consists of a prilocaine-lidocaine, which is basically an anaesthetic cream, the kind your dentist might use to numb your gums prior to dental surgery. While it's not yet approved, I'm sure it's only a matter of time.

I think there are certainly some men out there who actually do have a serious problem with PE, which is affecting their life and their relationships, I can accept that. And they deserve any potentially useful drugs the industry can discover. But before they dive right away for the drugs, I think the concept of "premature" needs *continued p.42...*

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# Sprout your way to health

**NUTRISPEAK** Vesanto Melina MS, RD

**M**UNG BEANS and lentils are seeds with the potential and life force to grow into large, strong plants. For this purpose, these little embryos contain a rich store of vitamins, minerals, proteins, fats and carbohydrates, all ready and waiting for the right conditions of heat, moisture and oxygen to be present in order to grow. As soon as seeds germinate, chemical changes occur, including some that provide us with health benefits.

For example, when mung beans and lentils are sprouted the following changes occur:

- Protein is created; protein quality improves – with increased amounts of essential amino acids – and the digestibility of the protein present increases.
- Trypsin inhibitors (anti-nutrients which reduce protein digestibility) are destroyed during germination of mung beans and lentils.
- Starch is converted to the more easily assimilated simple sugars; glucose and fructose increase tenfold when mung beans are sprouted.
- Sprouting significantly increases the content of enzymes, including those that break down or begin the digestion of protein and starch.
- The carbohydrates that can produce gas (flatulence) largely disappear when mung beans are sprouted.
- Sprouting stimulates the production of quantities of antioxidants that protect us against disease.
- The vitamin C content of the original legume increases 17 times when lentils are sprouted and eight times when mung beans are sprouted.
- The riboflavin content of mung bean triples and in lentils it increases by 50 percent during germination. The content of other B vitamins also increases.
- Phytate-mineral complexes are broken down during sprouting, greatly increasing mineral availability.
- The small amounts of hemagglutinins present in raw lentils and mung beans are destroyed by germination, making these raw sprouts safe. Most legumes contain too much of these illness-producing proteins to be eaten in a raw form although hemagglutinins are completely destroyed by cooking. Thus, although sprouted mung beans and lentils are safe, other legumes should be eaten in the cooked form only.



If we take mung beans, lentils and other sproutable seeds along when we are sailing far from ports or when camping in remote areas, we can have fresh sprout salads despite limited access to markets selling fresh produce. During winter months when one's garden is not produc-

tive, sprouts can provide us with fresh food and an excellent source of vitamin C.

The equipment needed to grow sprouts is simple and economical. A one-quart (1 L) canning (mason) jar is sufficient for kitchen sprouting. A sprouting lid or mesh screen is needed for the top, to allow rinse water to flow in and out while keeping the sprouts in the jar. Plastic sprouting lids can be purchased at natural food stores for this purpose or you can put a piece of mesh screen or cotton cheesecloth across the mouth of the jar and hold it in place with a rubber band. A dish rack is helpful, although not essential, for holding the jar at an angle to completely drain the water after rinsing.

*Vesanto Melina is a local dietitian and co-author of these well-loved nutrition classics: Becoming Raw, the Raw Food Revolution Diet, Becoming Vegetarian, Becoming Vegan, Raising Vegetarian Children and the Food Allergy Survival Guide. For personal consultations, phone 604-882-6782 or visit [www.nutrispeak.com](http://www.nutrispeak.com)*

## Easy sprouts

1/4 cup (60 ml) dried mung beans  
or 1/2 cup (125 ml) dried lentils  
2 cups (500 ml) water  
(Makes 3 to 4 cups sprouts)

Put beans or lentils in a one-litre sprouting jar and add water. Put a mesh screen or sprouting lid on the jar and let stand at room temperature for 12-24 hours. Drain and rinse thoroughly with cool water, then drain again. Place jar, with screen, upside-down at a 45° angle over a saucer or dish rack so water may run off. Cover jar with a towel or place it away from light so sprouts can grow in the dark. Rinse and drain two or three times a day for three to five days, until a short tail is visible. Store the sprouts in a sealed container in the fridge for up to one week.

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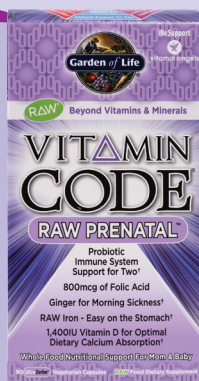


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## Perfect propagation

ON THE GARDEN PATH Carolyn Herriot



Rooted cuttings of blackcurrants, *Ribes*.

IT IS SURPRISINGLY easy to get tip cuttings of soft fruits such as blueberries, gooseberries, figs, kiwis and currants to take root. Following the few simple techniques outlined below will result in enough berry bushes to grow your own ‘berry walk’ with enough leftover plants to share with friends and neighbours.

Fill 1/2-gallon (2-L) square pots with propagation mix and moisten well. Using a dibber (chopstick), insert nine cuttings into each pot, spaced as three rows of three. In winter, providing bottom heat to cuttings, using a heat pad or heater cable, achieves 85 percent rooting compared to 55 percent without heat.

When cuttings grow leaves, you know they have taken root.

### Propagation mix for softwood cuttings

It needs to be sterilized, free draining and moisture retentive.

Mix equal parts by volume: coarse washed sand, perlite and peat.

Optional: add granular rock phosphate to aid rooting.

Cuttings should be positioned out of direct sunlight because until they form roots, they are liable to wilt. Water evaporates from leaves, but there is no uptake from roots to make good the loss. Create a humid atmosphere — a propagation unit

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## ORGANICS

with misting is ideal – or cover cuttings with plastic bags.

High levels of filtered light are essential because photosynthesis is necessary for cuttings to grow and produce roots. Try to maintain an even temperature – around 68 degrees Fahrenheit (20 degrees Celsius). Check cuttings daily; any attempt at flowering should be nipped in the bud by removing the flowers.

Once rooted, I pot cuttings into their own pots, using screened compost as a growing medium. Any well drained medium will do as long as it has added nutrients. If not, stimulate growth by feeding with liquid fish fertilizer one week and liquid seaweed the next.

### Taking a tip cutting

Use a clean sharp knife to prepare cuttings. Choose vigorous and healthy sections of stem. The length of cuttings varies – generally no more than 6 inches long (15 cm). Cuttings must possess at least two nodes (leaf-joints). Trim just below a node, ensuring that the growing tip is upright. Cuttings should be green/yellow, but not hardened into woody tissue. Anything with flowers or buds is best avoided. Take cuttings on wet days when plants are charged with water. Keep them damp and sealed in a plastic bag until ready to insert. Prepare propagation mix. Insert the cutting into propagation mix so leaves remain above. Water-in well.

Carolyn's new book *The Zero Mile Diet – A Year-round Guide to Growing Great Organic Food* is now available (Harbour Publishing). <http://earthfuture.com/gardenpath/>

## Willow water

For rooting hormone, I use willow water, which contains salicylic acid, a natural rooting agent. I simply soak the cuttings overnight in willow water. They can go in the water at the same time the willow is soaking.

1. Choose sections of young willow the diameter of a fat pencil.
2. Strip off leaves, leaving only twigs.
3. Chop into 2-inch lengths (5cm) and soak for 24 hours.
4. Strain off the willow sections; the water will keep for 7 days.
5. Soak cuttings for up to 24 hours before placing in the propagation mix.
6. Optional: water the cuttings in with the willow water.



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...Threaten your health from p. 4

cal corps guilty and millions were paid out for damages to the survivors or the families of the deceased. But no one went to jail even though there were lots of dead bodies. Rob a bank, get caught, go to jail. But if you kill tens of thousands with a new blockbuster drug, you get caught, get a fine and go back and market your next blockbuster pill.

*The Constant Gardener* is a great film and John Le Carré's novel of the same name brilliantly exposes how greedy and nasty the pharmaceutical corporations are in testing these new drugs on poor people in Africa because it is cheaper than testing them on animals in their home countries of England, America or Germany. Though the book is listed as a work of fiction, it references real world events such as "Drug Firm Puts Patients at Risk in Hospital Trials" from the *Sunday Times* (May 4, 2000). Though Le Carré relates to real events, by classifying his book as fiction he would not likely be sued. The publisher also covered its back by stating the book is "the product of the author's imagination...and any resemblance to actual persons living or dead, events, or locales is entirely coincidental." How coincidental when an actual drug firm was sued in court and found guilty as sin. His book quotes a *London Times* article: "One of the worlds largest drug companies placed hundreds of patients at risk of potentially deadly

infections ...The trial, whose flaw has never been revealed to the patients or their families resulted in nearly half... developing a life-threatening infection." The drug company refused to release this information based on the grounds that the data was confidential and "the study was approved by competent regulatory authority and all local ethics committees prior to initiation." Curiously, Le Carré underlined these sentences in his book.

In contrast, natural health products do much good and don't leave a trail of dead bodies behind. Yet there are those in Health Canada who seem hell bent on destroying the companies that manufacture natural health products (NHPs) and restricting access to NHPs by approaching them in the manner of a medieval witch hunting party. Australia recently implemented a new government regulatory system that has removed most of the natural health products previously available to the public. Some estimate 80 percent of all NHPs were banned for not meeting new government regulations and were removed from the shelves of health food stores.

Take heed. Health Canada is considering hiring consultants from Australia who have experience in setting up such new rules that, if followed as they were in Australia, would decimate the majority of health products you now take for granted. We ought not let them do this

and therefor it's good to know the history of the Food and Drug Act, especially within the last few decades. With each successive parliament, a newly numbered Bill will arise attempting to give Health Canada independent secret powers for their regulator to seize and destroy many natural products that have helped many and harm none.

But what have the health products industry and successive joint committees discovered and agreed upon in principle? That natural health products are not drugs and, as such, deserve their own third category – not as a food, not as a drug but as Natural Health Products (NHPs).

For decades, Health Canada has courted numerous health product manufactures and hosted hundreds of meeting across Canada, which led up to the final round table discussions that devised "53 Recommendations" for NHPs (available on their website), which almost everyone agreed with. The majority agreed that health products required their own category, not as a subset of Drugs.

Both the achievement of a separate Third Category and the acceptance and implementation of the 53 Recommendations would be far better than the current dictatorial and secretive powers sought by some in Health Canada. And this comes full circle for those wanting to understand how some people can

live with themselves while they attempt to limit access to natural health products that increase health while promoting sickness.


The more messed up people believe they are, the more pharmaceutical companies profit from selling sickness. Women to the front of the line; it's your turn to fulfil your unmet needs with the latest pink pill. You simply don't understand that all those issues you have with your spouse or lover and those insecure, discomforting or confusing moments around sexuality are really a warning sign of a troubling, hidden much neglected problem that requires immediate prognosis, diagnosis and medical prescription. It's the tip of the female sexual dysfunction iceberg and there are titanic drug sales to be made.

Though our cover Pharma Fiction made you smile, it, like *The Constant Gardener*, points to a very real world of make believe, pill pushing myths. The approaching tidal wave of marketing is designed to make woman believe they have a problem; it's the brand new FSD or Female Sexual Dysfunction. Do read the articles inside and plan on attending the *Common Ground* Special Event on October 16. Three experts will explain the making of a single, modern medical condition, forensically examined, a story fascinating, sexy and formidable.

I think John Le Carré would be proud.

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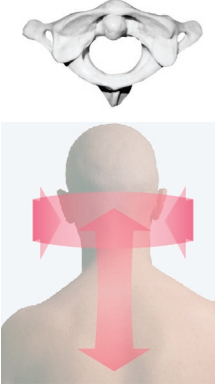
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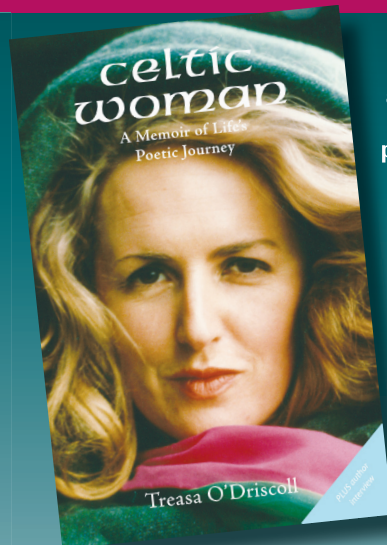
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## We can change our thinking

UNIVERSE WITHIN Gwen Randall-Young

### SPIRITUALITY

*It's much too easy to slip from "we're pretty good" to "there's something wrong with you," which is the root of racism...*

– allenswriting.blogspot.com

I HAD HOPED by the time we reached the 21st century, racism and discrimination might have been a thing of the past. With the terrorist attacks of 2001 and subsequent incidents, there appear to be growing pockets of negative opinion against Muslims, as though all Muslims were terrorists. This is ridiculous, of course, but discrimination is not rational.

We can see the ego aspect of mankind operating throughout history. Ego is about fulfilling its own need without any regard for the impact on others. It is about polarity, good-guys/bad-guys, right/wrong, us/them. It is about our way is the right way and yours is wrong.

are somehow superior to others. Are we doomed to keep repeating the old ways because we have egos?

Humans have also been gifted with intelligence. Certainly, a big part of our evolution has been physical and in our relationship to the physical world. We also have the ability to make the choice to evolve our consciousness. This means we can change the way we think and how we relate to each other and our world.

We have the capacity for wisdom. When I use the word wisdom, I refer to the higher self to which we all have access. It is that part of us that can transcend or see beyond the immediate situation and can think in terms of the highest good of all involved. It is free of ego and ego needs and tunes into that place where we all are one.

Thinking this way means we need

**We are all part of the human family, and yes, many aspects are dysfunctional. However, if we raise the level of our own consciousness...we tip the scales just a little on the side of wisdom and integrity.**

It is about "You should be like us."

Horrible things have been done to individuals and cultures because a more powerful group chose to impose its ways upon others. Sometimes, it may have been well intentioned, if misguided, but at other times it was simply about domination and control.

If we stop to think about the formation of our planet and how life evolved, it is pretty amazing. Many things seem to be designed to work together, from the moon and the tides to pollination by insects. Humans figured out how to survive in myriad environments, including hot, dry desert areas and the high arctic. Their survival necessitated working together, cooperating and looking out for one another.

Animals evolved at the same time and not having egos they have coexisted fairly peacefully (except when hungry). No animal species has tried to dominate or change another. It seems we humans could have done this too, but we have egos.

Ego thinking has created a lot of negativity in our evolving process. It is what makes us fight, compete, desire to dominate and believe we

to detach for the moment from our own beliefs and perspectives, realizing we could just as easily have been born anywhere on this planet. We could have become the starving child or even the terrorist.

We are all part of the human family, and yes, many aspects are dysfunctional. However, if we raise the level of our own consciousness, practise loving kindness in all we say and do, validate and honour others, recognizing everyone's right to be here, we tip the scales just a little on the side of wisdom and integrity.

This *will* raise the consciousness of those around us. Soon enough, a few more people will choose conscious evolution, and then a few more, and a few more. Yes, it will take millions and millions of us to make a difference on the world scale. However, the words and actions of only one of us can make a huge difference to those in *our* world.

*Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books and CDs, visit [www.gwen.ca](http://www.gwen.ca) See display ad this issue.*



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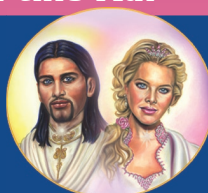
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# The ego is not personal

A NEW EARTH Eckhart Tolle

ON A COLLECTIVE level, the mind-set "We are right and they are wrong" is particularly deeply entrenched in those parts of the world where conflict between two nations, races, tribes, religions or ideologies is long-standing, extreme and endemic. Both sides of the conflict are equally identified with their own perspective, their own "story," that is to say, identified with thought. Both are equally incapable of seeing that another perspective, another story, may exist and also be valid.

Israeli writer Y. Halevi speaks of the possibility of "accommodating a competing narrative," but in many parts of the world, people are not yet able or willing to do that. Both sides believe themselves to be in possession of the truth. Both regard themselves as victims and the "other" as evil and because they have conceptualized and thereby dehumanized the other as the enemy, they can kill and inflict all kinds of violence on the other, even on children, without feeling their humanity and suffering. They become trapped in an insane spiral of perpetration and retribution, action and reaction.

Here, it becomes obvious that the human ego in its collective aspect as "us" against "them" is even more insane than the "me," the individual ego, although the mechanism is the same. By far, the greater part of violence that humans have inflicted on each other is not the work of criminals or the mentally deranged, but of normal, respectable citizens in the service of the collective ego. One can go so far as to say that, on this planet, "normal" equals insane. What is it that lies at the root of this insanity? Complete identification with thought and emotion, that is to say, ego. Greed, selfishness, exploitation, cruelty and violence are still all-pervasive on this planet. When you don't recognize them as individual and collective manifestations of an underlying dysfunction or mental illness, you fall into the error of personalizing them. You construct a conceptual identity for an individual or group, and you say: "This is who he is. This is who they are."

When you confuse the ego that you perceive in others with their identity, it is the work of your own ego that uses this misperception to strengthen itself through being right and therefore superior and through reacting with condemnation, indignation and often anger against the perceived enemy. All this is enormously satisfying to the ego. It strengthens the sense of separation between

yourself and the other, whose "otherness" has become magnified to such an extent that you can no longer feel your common humanity, nor the rootedness in the one Life that you share with each human being, your common divinity.

The particular egoic patterns that you react to most strongly in others and misperceive as their identity tend to be the same patterns that are also in you, but that you are unable or unwilling to detect within yourself. In that sense, you have much to learn from your enemies. What is it in them that you find most upsetting, most disturbing? Their selfishness? Their greed? Their need for power and control? Their insincerity, dishonesty, propensity to violence or whatever it may be? Anything that you resent and strongly react to in another is also in you. But it is no more than a form of ego, and as such, it is completely impersonal. It has nothing to do with who that person is, nor has it anything to do with who you are. Only if you mistake it for who you are can observing it within you be threatening to your sense of self.

## War is a mind-set

In certain cases, you may need to protect yourself or someone else from being harmed by another, but beware of making it your mission to "eradicate evil," as you are likely to turn into the very thing you are fighting against. Fighting unconsciousness will draw you into unconsciousness yourself. Unconsciousness – dysfunctional egoic behaviour – can never be defeated by attacking it. Even if you defeat your opponent, the unconsciousness will simply have moved into you or the opponent reappears in a new disguise. Whatever you fight, you strengthen, and what you resist, persists. These days you frequently hear the expression "the war against" this or that and whenever I hear it, I know that it is condemned to failure. There is the war against drugs, the war against crime, the war against terrorism, the war against cancer, the war against poverty, and so on. For example, despite the war against crime and drugs, there has been a dramatic increase in crime and drug related offences in the past 25 years. The prison population of the United States has gone up from just under 300,000 in 1980 to a staggering 2.1million in 2004.

The war against disease has given us, amongst other things, antibiotics. At first, they were spectacularly successful, seemingly enabling us to win the war against infectious diseases. Now,



## SPIRITUALITY

many experts agree that the widespread and indiscriminate use of antibiotics has created a time bomb and that antibiotic resistant strains of bacteria, so-called super bugs, will, in all likelihood, bring about a re-emergence of those diseases and possibly epidemics. According to the *Journal of the American Medical Association*, medical treatment is the third-leading cause of death after heart disease and cancer in the United States. Homeopathy and Chinese medicine are two examples of possible alternative approaches to disease that do not treat the illness as an enemy and therefore do not create new diseases.

War is a mind-set and all action that comes out of such a mind-set will either strengthen the enemy, the perceived evil, or, if the war is won, will create a new enemy, a new evil equal to and often worse than the one that was defeated. There is a deep interrelatedness between your state of consciousness and external reality. When you are in the grip of a mind-set such as "war," your percep-

thought that triggers a reaction in you: someone accusing you of this or that, not acknowledging you, encroaching on your territory, questioning the way you do things, an argument about money... Can you then feel the enormous surge of force moving through you, the fear, perhaps being masked by anger or hostility? Can you hear your own voice becoming harsh or shrill or louder and a few octaves lower? Can you be aware of your mind racing to defend its position, justify, attack, blame? In other words, can you awaken at that moment of unconsciousness? Can you feel that there is something in you that is at war, something that feels threatened and wants to survive at all cost, that needs the drama in order to assert its identity as the victorious character within that theatrical production? Can you feel there is something in you that would rather be right than at peace?

When the ego is at war, know that it is no more than an illusion that is fighting to survive. That illusion thinks it is you.

**The greater part of violence that humans have inflicted on each other is not the work of criminals or the mentally deranged, but of normal, respectable citizens in the service of the collective ego.**

tions become extremely selective as well as distorted. In other words, you will see only what you want to see and then misinterpret it. You can imagine what kind of action comes out of such a delusional system. Or instead of imagining it, watch the news on TV tonight.

Recognize the ego for what it is: a collective dysfunction, the insanity of the human mind. When you recognize it for what it is, you no longer misperceive it as somebody's identity. Once you see the ego for what it is, it becomes much easier to remain nonreactive toward it. You don't take it personally anymore. There is no complaining, blaming, accusing or making wrong. Nobody is wrong. It is the ego in someone, that's all. Compassion arises when you recognize that all are suffering from the same sickness of the mind, some more acutely than others. You do not fuel the drama anymore that is part of all egoic relationships. What is its fuel? Reactivity. The ego thrives on it.

### Do you want peace or drama?

You want peace. There is no one who does not want peace. Yet there is something else in you that wants the drama, wants the conflict. You may not be able to feel it at this moment. You may have to wait for a situation or even just a

It is not easy at first to be there as the witnessing Presence, especially when the ego is in survival mode or some emotional pattern from the past has become activated, but once you have had a taste of it, you will grow in Presence power and the ego will lose its grip on you. And so a power comes into your life that is far greater than the ego, greater than the mind. All that is required to become free of the ego is to be aware of it, since awareness and ego are incompatible. Awareness is the power that is concealed within the present moment. This is why we may also call it Presence. The ultimate purpose of human existence, which is to say, your purpose, is to bring that power into this world. And this is also why becoming free of the ego cannot be made into a goal to be attained at some point in the future. Only Presence can free you of the ego and you can only be present Now, not yesterday or tomorrow. Only Presence can undo the past in you and thus transform your state of consciousness.

*Excerpted from A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle. Reprinted by arrangement with Dutton, a member of Penguin Group (USA), Inc. Copyright © Eckhart Tolle, 2005.*

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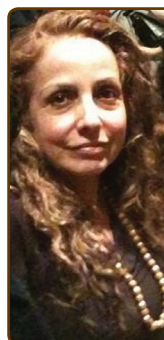
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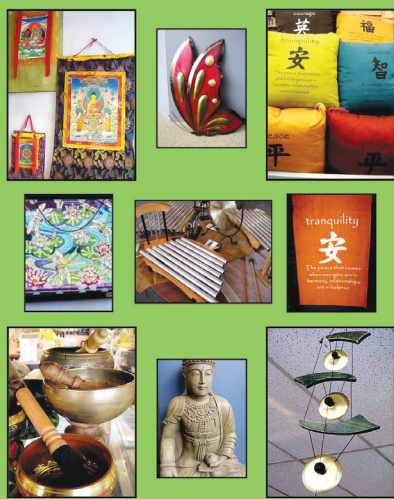


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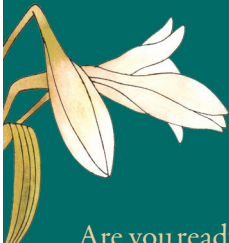
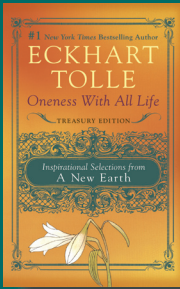
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# Face to face with my fears

by Treasa O'Driscoll

**I** REMEMBER Ross's first question in a private consultation: "Why are you here?"

"I am here because I can no longer cope with my husband's paranoia."

"You cannot cope with your paranoia," he responded.

"You misunderstand me, Dr. Laing. I am speaking about my husband's paranoia."

"Your husband is your mirror," he gently replied.

I shrieked in horror at such a suggestion. I was unaware that the numbness I experienced in my body was due to the grip that fear had on me at a cellular level – that the emotional disturbance now daily claiming my attention was an outward manifestation of deep-seated fears. Confronting the reality of my husband's deteriorating mental illness would entail coming to terms with unexamined assumptions and facing the autonomous force of fear itself.

I took refuge in the Toronto Institute of Self Healing, one of the first people in a stream of hopefuls, representative of every social stream, ethnic background, age and profession beating a path to the oasis of compassion that, to this day, continues to form around the work of Dr. Ross Laing and his colleague Dermot Grove-White.

Dermot was a family friend and a professed admirer of my husband's indefatigable efforts to open up the consciousness of North America to a Celtic continuum, a revival he had effected, in part, through a series of lively festivals of art and scholarship at the University of Toronto. Dermot witnessed the recurring manic episodes that had led to my husband's periodic suspension from university teaching and the chaos wrought on our family life. Concern for my well being prompted him to invite me to the Institute's opening ceremony one sunny October morning in 1988. Subsequent to that exchange, quoted above, I joined Dr. Laing's core group and was in the first wave of an experiment in which 'Self Healing' meant "becoming the true self."

The only curriculum offered at this academy was life itself. Our homework entailed a willingness to deal with issues that arose on the home front and report on them to the group. I had to overcome my aversion to airing intimate details of



my dramatic home life before any gathering. This reluctance was overcome, however, upon discovering I could speak freely in this group without fear of reprisal or judgment. Only by acknowledging my frustration and fear and by allowing the unshed tears of years to freely flow was I able to eventually find the courage to leave Bob for my own sake.

Ross, noticing I could hardly utter a sentence without mentioning my husband's name, asked me to count the number of times I did this over the course of the day. I was to continue to report on this until I had entirely broken the habit.

Habits do not evaporate of themselves. Yet we can outwit them if we adopt the right strategy and channel the energy thereby released into more positive actions. After two years of attendance at the Institute, I succeeded in breaking free from my preoccupation with my husband's behaviour, which had remained unaltered over this period. I alone had changed. The guilt that had dogged me for so long was defined by Laing as "The impulse to change being turned back against oneself." That idea helped free me of the guilt.

I began to remove myself from the situation, relocating to Vancouver with my two youngest children. I now had a new and practical goal: to maintain an open heart, regardless of circumstances. And a new resolution: to never again devote myself to helping a person who had not specifically asked for help.

The emphasis in this group work at the Institute was not so much on *what* we would talk about, but rather on *how* we spoke to one another. Laing operated on the premise that 94 percent of communication can be gleaned from



## INSPIRATION

the tone of our voices. When we really listen, he said, we become aware that most people speak out of a tone of desperation, due to the fact they were never truly loved for their own sakes. I was often stopped in mid-sentence: "Are you aware of your tone?"

In listening to others, we were encouraged to hear what was going on behind the words, then to respond accordingly. This established a feeling of greater connection. We learned to question one another without resorting to accusations and to never open with "You should..."

**I was unaware that the numbness I experienced in my body was due to the grip that fear had on me at a cellular level – that the emotional disturbance now daily claiming my attention was an outward manifestation of deep-seated fears.**

or "You always..." or "You did not..." We agreed to be very direct with our judgments during group sessions, yet to speak only in a positive vein about one another in absence.

When criticism was levelled in its proper context and resolved there and then, it curbed the human tendency towards back-biting. Our decision not to speak about anything that transpired in the circle beyond the circle ensured the integrity of this enterprise.

Often, I recited poetry in the course of our sessions, sometimes spontaneously at moments when we were at a loss for words. Once it was this poem by Scottish psychiatrist, R.D. Laing:

*"There is something I don't know  
That I am supposed to know,  
I don't know what it is I don't know,  
And yet am supposed to know,  
And I feel I look stupid  
If I seem both not to know it  
And not know what it is I don't know.  
Therefore I pretend I know it..."*

Rudolf Steiner, whose writings I keenly study, observed that we not only perceive very little about other people, but that we colour what we do perceive, transforming it in accordance with our own preferences and prejudices and then enter into dialogue with this inaccurate image of the other person.

For me, what happened at the Institute constituted the only show in town during those years. I could observe and participate in the unfolding drama of my hugely extended "family" life. I witnessed scenes of conflict, but saw them move towards resolution as a colourful cast of characters from every walk of life played their extemporaneous roles. The habit of creating scapegoats, a symptom of hidden guilt and fear in

any tightly knit group, was laid to rest as family units were restored to the vibration of love that bound them together in the first place.

Laing expressed his wish to "clear the world of gossip." This particularly impressed me. As G.K. Chesterton said, "The Irish are a fair people. They never speak well of one another!"

Nobody's problem exists in a vacuum. Family members of attendees sometimes flew in from far-flung places when a moment of reconciliation was at hand. Such joyful reunions confirmed the

power of love.

I enjoyed hearing Ross interact with new arrivals. One day, a young couple presented their story. They were in love and had decided to live together, except there was a snag – the young man already had a wife. What should they do? Ross's first question was to the girl. "Have you spoken to your sister?" "I don't have a sister," came her reply. He repeated the question until she realized that the "sister" he alluded to was the woman whose husband she loved.

Other statements Ross Laing uttered in passing remain firmly etched in memory still: "Healing is perfectly natural. The only reason we don't know about this is that we work against it twenty-four hours of the day. You don't have to do anything except breathe with the diaphragm and be willing to experience the fullness of feeling." "You must demonstrate your ability to keep your word, no matter what." "Unconditional love is the practice of unconditionally living on the creative edge."

In the safety of this haven, I became aware of the fundamental shift in behaviour and attitude that was required of me ...if I wanted to live a truly healthy life.

*From Celtic Woman, a Memoir of Life's Poetic Journey by Treasa O'Driscoll. (www.bluebutterflybooks.ca) Treasa O'Driscoll lived in BC for six years and actively initiated Celtic consciousness here through music and publications.*

**Book signing/reading in Vancouver:** Treasa gives a reading & signs copies of Celtic Woman, October 21, 6.30-8.30PM, Banyen Books, 3608 West 4th Ave., 604-732-7912. For her other appearances in BC, visit [www.bluebutterflybooks.ca](http://www.bluebutterflybooks.ca)

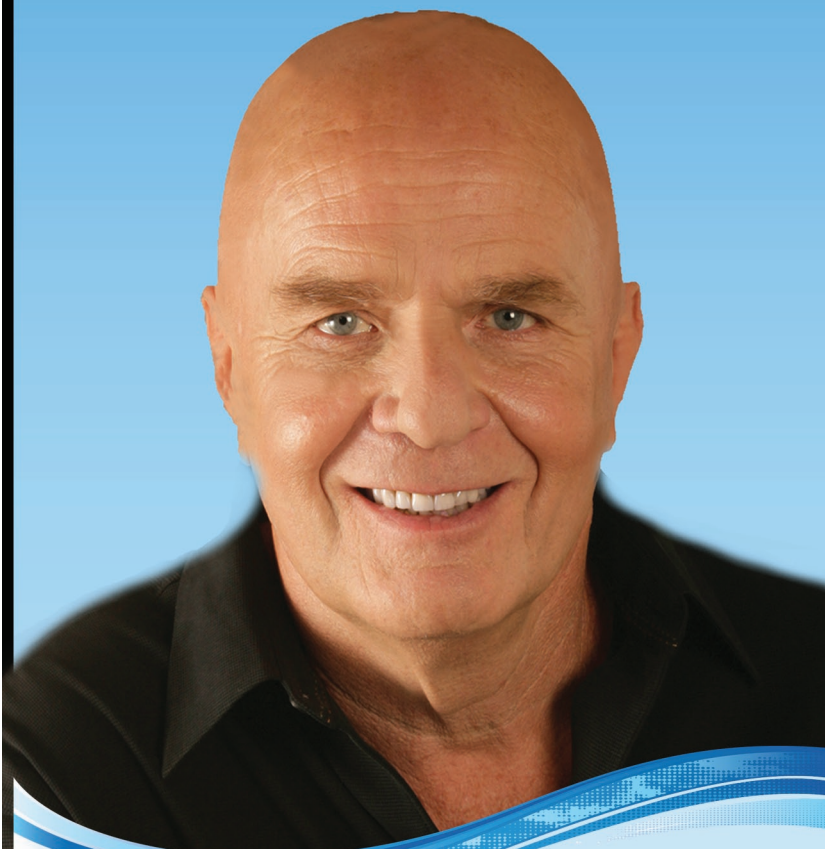
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# Love & history

## a winning double bill for the Hollywood Theatre

by Mackenzie Gray



Reginald and Margret Fairleigh

### COMMUNITY

**P**ASSION, MOVIES, romance in the dark! Love has been present in the cinema since the famous “Rice-Irwin Kiss” in Edison’s short film, *The Kiss*, which first screened in 1896. People have been kissing in the movies, at the movies and watching the movies ever since. Love has been shown, nurtured, developed and inspired by movies. And since the beginning of cinema, people, in turn, have loved the movies and the magical places they are shown.

On October 24, one of Vancouver’s best-loved theatres – the Hollywood Theatre on West Broadway in Kitsilano – celebrates 75 years of flickering love. Owned by the same family, at the same location, since it was built, the Hollywood Theatre is a movie-lover’s favourite haunt. Since opening to great fanfare in 1935, with the showing of Will Rogers’ film *Life Begins at Forty*, the Hollywood has changed very little. To celebrate this remarkable milestone, The Hollywood hosts its 75th anniversary celebration in similar fashion. (See sidebar.)

The Hollywood Theatre began as an idea. The current owner David Fairleigh’s great-grandmother, Margret Fairleigh, in the early years of the Great Depression was aware that one of the

businesses that seemed to thrive was the cinema, despite the harsh economic situation, Margret pressured her husband Reginald to build a “Movie House” to ensure their sons would have steady jobs during the depression. Reginald traded his house on Dundee Street in Vancouver for the vacant lot where the Hollywood Theatre now stands and he began work immediately. The building itself began as a labour of love and in those days, things were built to last.

Reginald met Margret in a dentist’s office, where she was so scared, he offered to hold her hand. They held hands for the next 50 years, building a theatre that became an institution. Margret was always the owner of the Hollywood, right up to her death in the mid 1960s. Reginald oversaw it, always dapper in a suit and tie. He came from a strong Catholic background and while he had a no-nonsense demeanour, he also had an adventurous spirit and a warm heart. His son David Fairleigh was the theatre’s first projectionist and he managed the theatre from 1935 to 1998. David actually had to learn how to be a projectionist and he was not a member of the Union. The Projectionists’ Union, belligerently active due to the fact that it was the Depression and union





members needed work, picketed the Hollywood Theatre. At one point, 300 projectionists, waving signs and wearing cardboard sandwich boards, stood outside the theatre, blocking the entrance. Reginald, determined to clear the picketers from the theatre, hired and paid a dozen women to walk among the protesters, with "Just Married" signs on their backs. The protest quickly dispersed. Reginald and David joined the Projectionists' Union after defeating it in court, and, in a strange turn of fate, Reginald became the business agent for the Projectionists' Union 348 because he was so popular with the rank and file and had such good business sense. Ironically, he shared his love of cinema with his former adversaries and continued to lead them for many years.

Love and cinema go hand in hand. Young couples have used the flickering darkness of cinemas for many amorous adventures and the Hollywood was no exception. The kissing and petting from the back rows drowned out many a film's dialogue and Reginald, who was not a

fan of this behaviour, would walk around with a sign reading, "Please show respect to your date as you would your mother and sister." Once, standing next to a couple playing an intense game of tonsil hockey, Reginald raised the sign and the young man exploded in shrieks of laughter. The sign disappeared at some point; no one is quite sure when. Couples have been found *in flagrante* in the balcony, in the back row and even behind the screen itself, where the lovers could see the audience, but the audience couldn't see them because of the film being projected. Talk about a Hollywood kiss.

And true love has blossomed at the Hollywood. Couples have met there for the first time or gone there on their first date. Some have even gotten married there. One of the Fairleigh's met her husband there when he short-changed her buying a ticket. She pursued him to settle the money and ended up with a ring on her finger soon afterwards. Current owner David Fairleigh, grandson of Reginald, met his wife Thelma while apprenticing in Prince Rupert as a projectionist. Their son, Vince, met his wife when she worked at the candy counter in the Hollywood. Alice Fairleigh, David senior's wife, is in her 80s and still works the box-office a few days a week. She's been a part of the Hollywood since the 1940s. Love is in evidence everywhere in that theatre.

For over 75 years, the Hollywood Theatre has been a vital part of Kitsilano life, and indeed, Vancouver life. It is still the cheapest theatre in town, with double bills costing \$8 or \$6 on Mondays. The theatre has screened every Oscar-winning and nominated film since 1935,

along with every Genie award-winning film. It has shown European films, Japanese classics and independent films and it is a favourite location for special screenings and events.

With the same décor from 1935, its unique period feel is a favourite with filmmakers and it has been a "set" for many Hollywood films and TV series. When I have a film playing in town, I love seeing it at the Hollywood. It feels like I'm watching it at home.

This month, come out and join the Hollywood Theatre's celebration of 75 wonderful years. Bring your hearts and feel the love in Canada's oldest, independently owned and operated theatre. I'll be there, hosting the big party, helping the grand old lady of Kitsilano light up the silver screen once again. With love.



Mackenzie Gray was born and raised in Toronto. A professional actor for over 30 years, he has appeared in over 120 films and television shows. Mac-

kenzie was recently seen in director Terry Gilliam's feature film fantasy *The Imaginarium of Dr. Parnassus*, the *Lifetime* film *Storm Seekers* as well as the *Hallmark* mini-series *Knights of Bloodsteel*.

Since moving to Vancouver as a series lead for the television series *The Net*, he has appeared as a recurring guest star on *Human Target*, *Young Blades*, *The Collector*, *Da Vinci's Inquest*, *First Wave*, *So Weird* and will star as the new *Lex Luthor* on *Smallville*. [mackenziegray.com/bio.htm](http://mackenziegray.com/bio.htm)

## Lots of love planned for the Hollywood Theatre's 75th anniversary celebration

**Oct 22-24 Gala parties begin 5:30pm each night; showtime: 7:30pm**

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**Hollywood Theatre, 3123 West Broadway, 604-738-3211**

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# "Fools" paradise

## The hungry giants of Easter Island



by Ronald Wright

ON EASTER DAY 1722, a Dutch fleet in the South Seas sighted an unknown island so treeless and eroded they mistook its barren hills for dunes. They were amazed, as they drew near, to see hundreds of standing stone images as tall as an Amsterdam house. "We could not comprehend how it was possible that these people, who are devoid of heavy thick timber [or] strong ropes, nevertheless had been able to erect such images, which were fully thirty feet high." Captain Cook later confirmed the island's desolation, finding: "no wood for fuel; nor any fresh water worth taking on board." Nature, he concluded, had "been exceedingly sparing of her favours to this spot."

The great mystery of Easter Island that struck all early visitors was not just that colossal statues stood in such a tiny and remote corner of the world, but that the stones seemed to have been put there without tackle, as if set down from the sky. The figures stood there mockingly, defying common sense.

We now know the answer to the riddle, and it is a chilling one. *Pace* Captain Cook, nature had not been unusually stingy with her favours. Pollen studies of the island's crater lakes have shown that it was once well watered and green, with rich volcanic soil supporting thick woods of the Chilean wine palm, a fine timber that can grow tall as an oak. No natural disaster had changed that: no eruption, drought or disease. The catastrophe on Easter Island was man.

Rapa Nui, as Polynesians call the place, was settled during the fifth century A.D. by migrants arriving in big catamarans stocked with dogs, chickens, edible rats, sugarcane, bananas, sweet potatoes and other crops. Within five or six centuries, the settlers multiplied to about ten thousand people – a lot for sixty-four square miles. They built villages with good houses on stone footings, and cleared all the best land for fields. Socially they split into clans and ranks – nobles, priests, commoners – and there may have been a paramount chief or "king." Like Polynesians on some other islands, each clan began to honour its ancestry with impressive stone images. These were hewn from the yielding volcanic tuff of a crater and set up on platforms by the shore. As time went on, the statue cult became increasingly rivalrous and extravagant, reaching its apogee during Europe's high Middle Ages.

Each generation of images grew bigger than the last, demanding more timber, rope, and manpower for hauling to the *ahu*, or altars. Trees were cut faster than they could grow, a problem worsened by the settlers' rats, who ate the seeds and saplings. By A.D. 1400, no more tree pollen shows in the annual strata of the crater lakes: the woods had been utterly destroyed by both the largest and the smallest mammal on the island.

We might think that in such a limited place where, from the height of Terevaka, islanders could survey their whole world at a glance, steps would have been taken to halt the cutting, to protect the saplings, to replant. We might think that as trees became scarce, the erection of statues would have been curtailed and timber reserved for essential purposes such as boatbuilding and roofing. But that is not what happened. The people who felled the last tree could see it was the last, could know with complete certainty that there would never be another. And they felled it anyway.

All shade vanished from the land except the hard-edged shadows cast by the petrified ancestors, whom the people loved all the more because they made them feel less alone. For a generation or so there was enough old lumber to haul the great stones and still keep a few canoes seaworthy for deep water. But the day came when the last good boat was gone. The people then knew there would be little seafood and – worse – no way of escape. The word for wood, *rakau*, became the dearest in their language. Wars broke out over ancient planks and worm-eaten bits of jetsam. They ate all their dogs and nearly all the nesting birds and the unbearable stillness of the place deepened with animal silences. There was nothing left now but the *moai*, the stone giants who had devoured the land. And still these promised the return of plenty if only the people would keep faith and honour them with increase.

"But how will we take you to the altars?" asked the carvers, and the *moai* answered that when the time came they would walk there on their own. So the sound of hammer-

ing still rang from the quarries and the crater walls came alive with hundreds of new giants, growing even bigger now they had no need of human transport. The tallest ever set on an altar is over thirty feet high and weighs eighty tons; the tallest ever carved is sixty-five feet long and more than *two hundred* tons, comparable to the greatest stones worked by the Incas or Egyptians. Except, of course, that it never moved an inch.

By the end there were more than a thousand *moai*, one for every ten islanders in their heyday. But the good days were gone – gone with the good earth, which had been carried away on the endless wind and washed by flash floods into the sea. The people had been seduced by a kind of progress that becomes a mania, an "ideological pathology" as some anthropologists call it. When Europeans arrived in the eighteenth century the worst was over; they found only one or two living souls per statue, a sorry remnant, "small, lean, timid and miserable," in Cook's words. Now without roof beams, many people were dwelling in caves; their only buildings were stone hen-houses where they guarded this last non-human protein from each other day and night. The Europeans heard tales of how the warrior class had taken power, how the island had convulsed with burning villages, gory battles and cannibal feasts.

Even this was not quite the nadir. Between the Dutch visit of 1722 and Cook's fifty years later, the people again made war on each other and, for the first time, on the ancestors as well. Cook found *moai* toppled from their platforms, cracked and beheaded, the ruins littered with human bone. There is no reliable account of how or why this happened. Perhaps it started as the ultimate atrocity between enemy clans, like European nations bombing cathedrals in the Second World War. Perhaps it began with the shattering of the island's solitude by strangers in floating castles of unimaginable wealth and menace. These possessors of wood were also bringers of death and disease. Scuffles with sailors often ended with natives gunned down on the beach.

We do not know exactly what promises had been made by the demanding *moai* to the people, but it seems likely that the arrival of an outside world might have exposed certain illusions of the statue cult, replacing compulsive belief with equally compulsive disenchantment. Whatever its animus, the destruction on Rapa Nui raged for at least seventy years. Each foreign ship saw fewer upright statues, until not one giant was left standing on its altar. (Those standing today have been restored.) The work of demolition must have been extremely arduous for the few descendants of the builders. Its thoroughness and deliberation speak of something deeper than clan warfare: of a people angry at their reckless fathers, of a revolt against the dead.

The lesson that Rapa Nui holds for our world has not gone unremarked. In the epilogue to their 1992 book, *Easter Island, Earth Island*, the archaeologists Paul Bahn and John Flenley are explicit. The islanders, they write:

"...carried out for us the experiment of permitting unrestricted population growth, profligate use of resources, destruction of the environment and boundless confidence in their religion to take care of the future. The result was an ecological disaster leading to a population crash... Do we have to repeat the experiment on [a] grand scale?... Is the human personality always the same as that of the person who felled the last tree?"

*Excerpted from the 2004 Massey Lectures: A Short History of Progress by Ronald Wright, published by House of Anansi ©Ronald Wright 2004, 2010.*

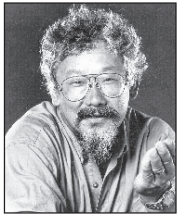


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# Old fables even more relevant

SCIENCE MATTERS David Suzuki with Faisal Moola

## ENVIRONMENT

**W**HEN WADING through the words of pundits and the babble of political posturing, I can't help but think of some of the simple truths we learned as children. Remember those stories from Aesop, Hans Christian Andersen and the Grimm brothers that enthralled us while imparting powerful messages? Two childhood fables seem particularly important today.

Once upon a time, a couple owned a goose that laid a golden egg every day. They became very rich, but were not content with a single egg a day. In their greed, they killed the goose to get at the eggs inside. Of course, they found the goose had guts like any other goose and they ended up with nothing. I thought of that story while working on a *Nature of Things* program on the destruction of the Amazon rainforest. In the 1980s, Brazil's government encouraged people to move to the Amazon to make a living or a fortune. "Land without people for people without land" was how the government promoted it.

So one of the...irreplaceable eco-

systems on the planet has been logged, flooded, mined and burned for decades as Brazilians seek their fabled El Dorado, the city of gold. But as in the fairy tale about the goose, El Dorado is the forest, not the resources being exploited by destroying it.

Many see the destructive activities in South America as a response to poverty. If that's true, what's our excuse? In North America, we have demolished the bulk of our original forests through the unsustainable practice of clear-cut logging. Across the country, one logging community after another has gone from boom to bust as forests have been cut down.

Over and over, we find ourselves rushing to get more eggs. In doing so, we end up losing the goose. We do it in agriculture as we use up the topsoil created over millennia; we do it in fisheries as our increasing technological power allows us to catch more fish faster; and we do it in northern Alberta as we tear up boreal ecosystems, pollute the water and inject massive amounts of greenhouse gas into the atmosphere, all to get more of those eggs. And damn the goose.

**What comes to mind is the emperor who wore no clothes.**

I thought of another children's tale while listening to CBC's Peter Mansbridge interviewing Prime Minister Stephen Harper earlier this year. The prime minister claimed Canadians were only concerned about the economy and that Canada's possible involvement with torture in Afghanistan was not a serious concern. Mr. Harper also ignored the massive public demand for leadership on climate change that preceded Copenhagen. The tale that comes to mind is the story of the emperor who wore no clothes.

Long ago, a vain emperor was overly concerned about his appearance. Two crafty weavers promised to make him a fine outfit from material that could not be seen by those who were stupid or unfit for their position. When the weavers pretended to display samples, the emperor couldn't admit he was unable to see them for that would be an admission of incompetence or stupidity. His courtiers and ministers were likewise unable to admit they saw nothing. Putting on the imaginary clothes, the emperor paraded outside so the public could admire him

and his new attire. Everyone in the crowd, enthralled by the status of the king and bowed by their desire to be seen as clever and fashionable, remained silent. Only a child, innocent of the claims of the weavers, pointed out the obvious: "The emperor has no clothes."

We are living in a time when ecological degradation is occurring everywhere. BC's northern forests have turned red, victims of mountain pine beetles no longer killed by winters that have become too warm. Farmers know harvest time is later. Birders report birds migrating north two weeks earlier and departing weeks later than normal. Competitive skiers tell us European meets are being cancelled for lack of snow. Glaciers are receding. Arctic ice is melting... the list is long. But where the emperor and his sycophantic subjects were blinded by vanity, we are prevented from seeing by the cloaks of economics and politics.

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# GE salmon next in line on grocery shelves?

by Lucy Sharratt

ENVIRONMENT

SOME SAY genetic engineering was always fishy, but now the fish themselves are engineered.

Genetically engineered (GE) canola, corn, soy and sugar are already in our grocery stores, but GE fish and pigs could be next. Salmon is the next genetically engineered – also called genetically modified or GM) – food lined up for introduction to the market. AquaBounty, a Massachusetts-based biotechnology company, is asking the US to approve its genetically engineered Atlantic salmon for human consumption and says it will soon seek approval in Canada as well. The company claims its “AquAdvantage” salmon grow to market-size twice as fast as other farmed salmon. Consumers should be aware of the reason for this: Atlantic salmon are engineered with a growth hormone gene from Chinook salmon and genetic material from ocean pout (an eel-like creature). The fish produce growth hormone throughout the year, rather than for the three months they normally would.

After 10 years of consideration, the US government is about to approve the GE salmon. Or are they? On August 25, the US Food and Drug Administration (FDA) announced the final stages of its process to approve the GE salmon. The FDA called on its Veterinary Medicine Advisory Committee (VMAC) to discuss the science submitted by AquaBounty and to hear from public interest groups, in two days of public meetings in September.

Just two weeks before the meetings, the FDA released two documents that summarize the data presented by AquaBounty and the FDA’s analysis of that science. The FDA’s preliminary conclusion was GE salmon is safe to eat and does not pose a risk to the environment. However, many committee members at the public meetings voiced serious concerns about the quality of the data, asking for more and better studies.

AquaBounty now says it is preparing to ask for approval in Canada. As it turns out, the company’s entire plan to introduce GE salmon fillets into the US relies on producing GE salmon eggs at its facilities in Prince Edward Island (PEI).

Until now, only the FDA and AquaBounty knew that Canada is actually the key to AquaBounty’s plan to introduce GE salmon. On September 3, the FDA released a redacted copy of the environmental assessment conducted by consultants for AquaBounty revealing the company was not actually asking for approval



to grow the fish in the US. Instead, they are planning to produce all the GE salmon eggs in PEI, ship the eggs to Panama for growing-out and processing and then sell “table-ready” GE salmon into the US consumer market. AquaBounty is clear its environmental assessment “is limited to specific facilities for the production of eyed-eggs on PEI and grow-out to market size in Panama.”

## Environment Canada on the hook

AquaBounty does not yet have permission from Environment Canada to commercially produce GE fish eggs at its PEI facility although its entire plan currently rests on this approval. If the FDA allows the GE salmon, it will be doing so based on an assumption by AquaBounty that the company will get this permission in Canada.

Environment Canada is required to assess any request from AquaBounty within 120 days. The process is fast and involves no public participation or public hearings. In fact, the public would not even know that AquaBounty had requested this permission until Environment Canada published its final decision.

Environment Canada is new to the controversy over genetic engineering, having been denied the responsibility to regulate genetically engineered crops. Assessing the environmental risks of releasing GE plants was instead mandated to Agriculture and Agri-Food Canada via the Canadian Food Inspection Agency, with its dual mandate to promote trade as well as regulate for food safety. In the case of GE fish, the Department of Fisheries and Oceans (DFO) said for 12 years that it

was developing specific regulations, but eventually abandoned these efforts. Regulatory responsibility (for GE fish and other GE animals) therefore defaulted to Environment Canada under the Canadian Environmental Protection Act (CEPA), the “safety net” that catches those products that do not have a regulatory home.

The FDA is regulating GE fish as an “animal drug” and if it approves the

tions listed as “Extirpated” and inner Bay of Fundy populations as “Endangered.” The escape of GE Atlantic salmon from fish farms on the East Coast could therefore be a disaster for the species.

Atlantic salmon are also intensively farmed in net-pens in the Pacific Ocean, primarily in Chile and along the West Coast of Canada and the US and the escape of Atlantic salmon from either pens or hatcheries is a serious problem, representing a reoccurring environmental pollution that can also threaten native species. For example, mature escaped Atlantic salmon have been recorded in freshwater streams in BC and there is evidence of successful spawning in a few locations. To try and avoid the question of escape risk for its GE fish, AquaBounty is seeking permission to grow-out the fish in a land-based facility in a “remote highland area” of Panama, saying the facility is accessible only by a securely gated footbridge, with an entrance with locked gates, “protected by dogs.”

The FDA has announced it will conduct a new environmental assessment that will include a 30-day public comment period. Ultimately, the FDA may conclude the environmental risks are insignificant for the purposes of approval, but given the numerous and very serious cri-

## AquaBounty’s transgenic salmon is in competition with the University of Guelph’s “Enviropig” to become the first GE animal introduced into our food system.

salmon, as VMAC member James D. McKean concluded, “the Prince Edward Island facility should be viewed as a drug manufacturing facility.” AquaBounty’s current activities in PEI, however, have not triggered an environmental assessment in Canada due to a regulatory exemption for research and development under CEPA.

## GE fish gone wild

Conserving wild Atlantic salmon is a serious matter as populations dropped in Canada from about 18 million in 1975 to only 625,000 in 2008. Commercial fisheries for wild Atlantic salmon were closed in 1985 with only recreational, Labrador resident and First Nations fisheries remaining. In 2009, all populations of wild Atlantic salmon were listed in Canada as a “High Priority Candidate” in danger of disappearing, with Lake Ontario popula-

tiques of AquaBounty’s science on health questions, the FDA will not easily get away with approving the GE salmon for human consumption.

Ten years may seem like a long time to study a product and review its safety, but that is only if those 10 years were well spent. Dr. Michael Hansen, Senior Scientist at Consumers Union in the US, testified before the Veterinary Medicine Advisory Committee on September 20, saying, “The data are too superficial and of insufficient scientific quality to warrant approval.” Having examined the summary of AquaBounty’s science, he says, “The FDA is relying on woefully inadequate data. There is sloppy science, small sample sizes and questionable practices.”

Critics have long warned that the process of genetic engineering itself could result in the increased allergenicity of foods and AquaBoun-

continued p.42...



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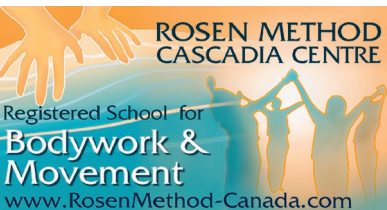


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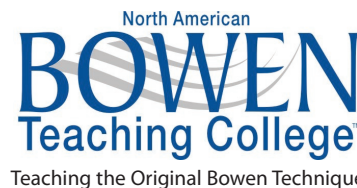
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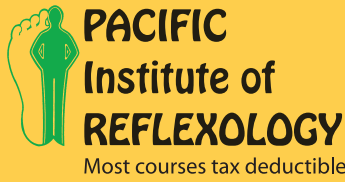
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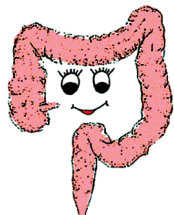
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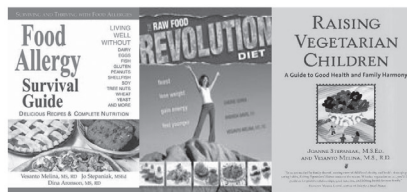
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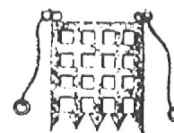


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# Cutting through Bill C-36 propaganda

by Shawn Buckley

## Bill C-36 permits Health Canada to issue secret recall orders...

Every time I hear the Minister of Health promoting the new Canada Consumer Product Safety Act (Bill C-36), I think of George Orwell's book *1984* and the famous "Ministry of Truth," which was responsible for deceiving the public. It's not that the Minister or Health Canada are lying *per se*. Rather, the main justifications for the Bill are misleading to the average Canadian.

The two main justifications given for the Bill are as follows: 1) Health Canada does not currently have the power to order the recall of a dangerous product. 2) Our consumer product legislation needs to be updated. When the average person hears that Health Canada does not have any power to recall a dangerous product, they are misled into thinking that Health Canada does not have the power to protect us from dangerous products. This is false. Today, in the very rare event that a manufacturer will not recall a dangerous product, Health Canada can obtain a Court injunction, obtain a search warrant to seize the product and make a binding ministerial order under the Hazardous Products Act. All of these orders are binding and backed up by the police. The problem from Health Canada's perspective is that they all involve independent supervision by an independent body (a Court or a Review Board). All the orders are also public.

In contrast, the recall power in Bill C-36 permits Health Canada to issue secret recall orders – they are specifically exempted from publication and review

under the Statutory Instruments Act – that are not authorized or supervised by an independent body. This undermines the rule of law, which ensures the government cannot take control over your person or property without the authorization and supervision of independent Courts. To appreciate how important this is to a free society, imagine living in medieval times before the rule of law. If the state wanted your property, the soldiers simply came from the castle and took it. Hopefully, you were not killed in the process. The state was all. Political philosophers have constantly warned against ever undermining the rule of law.

When the Minister of Health and mainstream media parrot the propaganda for this Bill, that Health Canada does not currently have the power to order recalls, what they really mean is that Health Canada does not currently have the power to issue secret orders to take control over private property without independent court supervision. You should be thankful that no prior Parliament has been willing to undermine the rule of law in this way. Unfortunately, the current Parliament is likely to pass this Bill. Before the House of Commons was prorogued for the Olympics, every party in the House of Commons had voted to pass the Bill (then named Bill C-6). It is as if our current MPs have no conception of how dangerous it is to undermine the rule of law. More likely, they are afraid of publically criticizing a Bill being promoted as necessary for our "safety."

Safety is the justification used throughout history to restrict freedom. It works because when we believe that our families are in danger there is little we will not do to

protect them, including giving up our freedoms. When we hear the second justification for Bill C-36, that our safety laws need to be "updated," we will support the Bill because "out-of-date" laws cannot protect us. Again, we are misled. Our current consumer safety laws are quite strict. As outlined above, dangerous products can be controlled by Court and Ministerial orders. If anyone is hurt or killed by a dangerous product, penalties can include life imprisonment for criminal negligence. It simply is not true that, in 2010, Canada does not have tough consumer safety laws. The big difference between Bill C-36 and our current laws is the abolition of the rule of law. Under Bill C-36, Health Canada can seize and keep private property without a Court order and without Court supervision. Its representatives can literally walk into a store or factory and seize everything without ever involving a Court. There does not have to be a "safety" risk to justify the seizure.

In effect, the "updating" of our "outdated" safety laws is to remove the rule of law and our personal rights, which takes us back to medieval times when the state was both the police and the courts. This is anything but safe. Perhaps in addition to "updating" our safety laws, we should rename Health Canada the "Ministry of Truth."

*Shawn Buckley is a lawyer with expertise in the Food and Drugs Act and Regulations. Mr. Buckley acts primarily for manufacturers of Natural Health Products and has an enviable track record in protecting companies charged by Health Canada. [www.nhppa.org](http://www.nhppa.org)*





**Upstate New Yorkers don't want wind turbines messing with their real estate values**

ONE OF THE less cut-and-dry eco docs at VIFF this year is *Windfall* (October 10, 13) a relentless attack on wind energy seen through the prism of a small town in upstate New York where industrial wind energy became a divisive local issue. It raises important issues about just how "green" large wind turbines are and looks at the process of introducing wind farms: the US subsidies system, we are told, is set up in such a way that local communities receive a miniscule percentage of revenue from wind farms. Yet people living near wind turbines say the shadows and noise affect their health. The big issue is one of aesthetics and, ergo, real estate values. People don't want them in their backyard. To be honest, I found this documentary infuriating at times. I'd have preferred fewer townsfolk talking about how unsightly, noisy and unnatural these 400-foot wind turbine "monstrosities" are and a more balanced look at the ecological cost compared to

# Windfall examines disturbing attitudes

**FILMS WORTH WATCHING**  
Robert Alstead

other forms of electricity to really convince me that the wind energy industry is the malignant force the filmmakers want me to believe it to be.

Russian drama *My Joy* (Park Cinema, 3, 4) is perhaps the most grimly ironic title in the festival program. A young truck driver takes a tortuous shortcut through a rural backwater and his life takes a turn for the worse. The everyman, lead character, Georgi, is physically and psychologically battered down by a series of humiliating and shocking incidents – particularly at the hands of soldiers and policemen. Spanning both a contemporary and post-Second World War time frame, the film meanders here and there, inevitably descending into a colder, darker place. It's effective – heart-wrenchingly so on occasion – but "joy" is in short supply here.

*Reverse* (Empire Granville 1, 8) from Poland, largely set in a black-and-white, post-War Warsaw, is similarly dark in tone, although it is spiked with black comedy, particularly some memorable elements of extreme farce. When mousey poetry editor Sabina brings a debonair man back to the small apartment where she lives with family, her mother and bedridden grandmother are overjoyed for the shy, sensitive 30-year-old spinster. But this is Stalinist Poland and when secrets 'out,' the results can be calamitous. While the uneven story veers into the absurd – particularly in its depiction of Sabina's admirers – it retains

credibility and force thanks to the strong character portraits provided by the three central female characters.

On a very different tack, local adventurer and independent filmmaker Frank Wolf will be presenting *Mammalian*, a documentary about his epic canoe trip with buddy and fellow Vancouverite Taku Hokoyama. (Empire Granville 6, 11; Pacific Cinematheque, 13). The idea behind the 2,000-kilometre journey from Yellowknife to Rankin Inlet was to share insights into this expansive northerly wilderness, its indigenous people and wildlife. There's little time to address issues of climate change while portaging through thick bush and being constantly nibbled by flies, but you get a good sense of the ruggedness of the land. The two guys are a fun team to tag along with and prove that you have to be slightly nuts to make this kind of trip with those kinds of flies. (Note: *Mammalian* plays with *Cry Rock*.)

VIFF closes on October 14 with *The Illusionist*, a sweet and lovely looking animation from the creator of *The Triplets of Belleville*. It's currently scheduled for a Christmas Day release so more about it later. In the meantime, if you can get tickets, I strongly recommend it.

Robert Alstead made the Vancouver documentary *You Never Bike Alone*. [www.youneverbikealone.com](http://www.youneverbikealone.com). He writes at [www.2020Vancouver.com](http://www.2020Vancouver.com)



## TV vs. the internet

**INDEPENDENT MEDIA** Steve Anderson

**CULTURE**

WHOSE SIDE are you on? It's a little known fact that television services go through the same wires as internet services. This means that the practice of throttling or slowing access to internet services under the auspices of congestion is questionable, to say the least. After all, telecom companies always seem to have enough money to invest in their TV services, ensuring they operate without slow-downs. Yet people rarely question whether Canada's drop in key broadband metrics, such as speed and cost, compared to other OECD nations might have something to do with a conflict of interest.

Exhibits 1, 2 and 3 below provide evidence that telecom companies are giving their TV services preferential treatment over the internet:

### Exhibit 1: Rogers caps the internet

In July, just days after online video service Netflix announced its expansion into Canada, Rogers Communications announced it would increase the usage limits on some of its plans. The move appears to have been a defensive measure, meant to protect the company's own video services from encroachment by Netflix.

Rogers Communications is Canada's biggest cable television provider and it operates a video streaming service, similar to Netflix, called On Demand Online. Rogers Video On Demand and Pay Per View offerings, which reach users via their televisions, will not be affected by the aforementioned caps even though Rogers customers receive both internet and television service through the same cables.

Some have argued that the caps are not discriminatory if they apply to Rogers online services as well as Netflix. What these commentators fail to realize is that by adding limits to the internet while keeping TV costs/services constant, Rogers discriminates against both the public internet and those who use it to deliver competing services.

### Exhibit 2: Bell's freak-out

On August 30, the CRTC ruled that major telecom companies must allow their independent internet service competitors to obtain access to the same speeds of broadband as those they offer to their own customers. The incumbent telecom companies are reportedly concerned, not just because of fear of increased competition, but also because this will enable

independent ISPs to provide fast enough service to facilitate open access to video services like Netflix.

In short, the big ISPs are now less able to use download caps or price increases to effectively discriminate against competing online video services. Independent ISPs like TekSavvy, now in a better position to compete in the market, seem happy to focus on fast and open internet access, rather than on content distribution. Bell is so threatened that it is calling for cabinet to overturn the landmark CRTC decision.

### Exhibit 3: telecoms buying content

On September 10, Bell Canada Enterprises (BCE) Inc., already Canada's largest communications company, announced its plan to acquire 100 percent of CTV, the nation's leading broadcaster. Earlier this year, Shaw also announced its intention to purchase Global TV's assets previously owned by the now defunct CanWest. Rogers and Quebecor (owner of Videotron) already own significant media content assets. If Shaw and Bell's purchases go through, this will mean telecom companies will own nearly all of Canada's private broadcasters and that Telus will be the only major ISP that

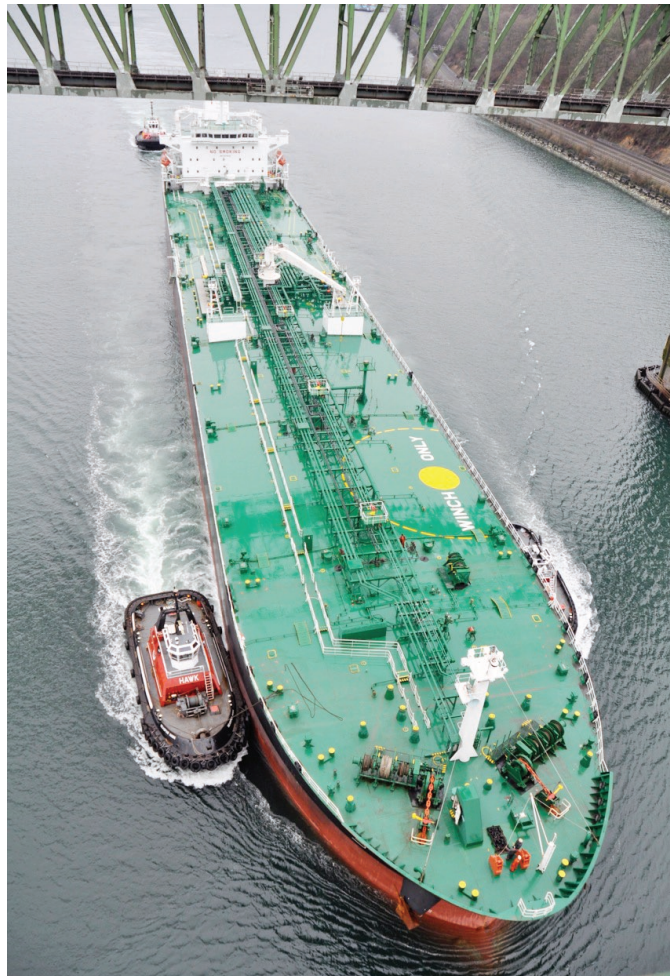
isn't heavily invested in media content. Allowing internet service providers to own major content assets creates an economic incentive for them to invest in a controlled content distribution infrastructure, whether that is controlled wireless services or a closed anti-competitive version of the wired internet.

### The future of communication

If the next generation of access points, found in set-top boxes and wireless devices, restricts the open internet, there will be a comparable restriction in the open collaboration, participation, expression and empowerment that are currently enabled by the open internet. These are the very things that have helped strip away our differences and that allow us to transcend space, time and social strata to more easily connect with each other. These are the things that we should be willing and ready to grow, defend and fight for.

Steve Anderson is the national coordinator for OpenMedia.ca. He has written for The Tyee, Toronto Star, Epoch Times and Adbusters.  
[steve@openmedia.ca](mailto:steve@openmedia.ca)  
[www.FacebookSteve.com](http://www.FacebookSteve.com)  
[www.SteveOnTwitter.com](http://www.SteveOnTwitter.com)





Panamax tanker transits Second Narrows and under the railway bridge. Photo by Peter Baker

ACCORDING TO Statistics Canada, in 2007, without any public process, Canada and China began shipping Tar Sands crude oil through Vancouver Harbour. Currently, two oil tankers per week carry up to 700,000 barrels of crude oil through Burrard Inlet and the dangerous Second Narrows, past our beaches and parks and into Georgia Strait. The oil companies have plans to expand this capacity to 10 tankers per week.

#### It can't happen here

On July 6, the Vancouver City Council invited Vancouver shipping experts to testify with regard to the safety of crude oil tankers in Vancouver Harbour. The Wilderness Committee and No Tanks coalition claim the City Council heard misin-

### A Day for the Bay Oct 17, 12 noon

Join a flotilla of commercial fishermen and on-land supporters in English Bay in Vancouver for a rally to let the oil companies and government know that Vancouver does not want to be the Tar Sands oil port and that we don't want oil tankers in our waters. If you would like to bring your boat to the flotilla, please email [info@notanks.org](mailto:info@notanks.org). Tickets will be available for a ride on the "No Tanks" party boat. For event updates, visit [www.notanks.org](http://www.notanks.org)

# Vancouver targeted as Tar Sands shipping port

by Rod Marining

formation regarding the safety record of double hull tankers, the frequency of oil spills and the destination of the crude oil. Captain Stephen Brown of the BC Chamber of Shipping told Vancouver City Council, "We have yet to have a pollution incident from a double hull tanker." Captain Brown got his facts wrong.

At least two double-hull tanker oil spills have occurred this year. On January 23, in Port Arthur, Texas, a barge struck the double-hulled tanker Eagle Otome,

spilling 11,000 barrels of oil, closing the Port Arthur commercial waterway. In May 2010, the double hull tanker Bunga Kelana 3 collided with a freighter in the Singapore Strait, spilling 36,000 barrels of crude oil into the harbour. "Shipping disasters, the primary cause of oil spills, are not uncommon, despite the push to build double-hulled oil tankers," Stuart Hampton writes in the *Hoover's UK* business news.

We only have to remember the Exxon Valdez disaster in Prince William Sound, the BP spill that ravaged the Gulf of Mexico, and recent disasters in China, South Korea, Spain and Norway to know that oil spills are common and devastating.

#### Tight squeeze through Second Narrows

North Vancouver oceanographer Peter Baker points out that Port Metro has changed its rules to allow larger tankers, carrying 700,000 barrels of oil, to travel through Second Narrows with less than a 1.5-metre clearance between the ocean floor and a ship's keel, and only at certain high tides. "One has to question the wisdom," says Baker, "of allowing a major crude-oil terminal to evolve inside a busy harbour and beyond the Second Narrows, an extremely narrow and shallow tidal passage." To avoid grounding, the tankers must remain in mid-channel through the bending passage, only 30 seconds away from grounding on the shallows. Once grounded in an ebbing tide, a tanker could easily break apart under its own weight. In October 1979, the freighter Japan Erica crashed into the Second Narrows CN rail bridge, shutting down North Shore bulk terminals

for three months.

Chris Badger, chief operating officer of Port Metro Vancouver, told City Council, "All crude oil exports through Port Metro Vancouver since 2004 have been for US customers." The No Tanks group, however, provided Badger with evidence that tankers from Burrard Inlet carried oil to China. On August 4, Badger responded saying, "I stand corrected in my statement." Badger admits, "In 2007, over 470,000 metric tonnes of crude oil were shipped to China from Vancouver."

According to announcements made by the pipeline company Kinder Morgan, tar sands expansion is the driving

factor in turning Vancouver into an oil port. According to Statistics Canada, China, a major investor in the tar sands, was instrumental in starting oil shipments from Vancouver. No Tanks and the Wilderness Committee estimate that the financial damage from a large spill in this region would be between \$10 and \$50 billion, which would devastate our fishing, tourism, shipping, conventions, seaside businesses and our region's reputation as a "green" city.

Rod Marining is vice Chair of the BC Environmental Network ([www.ecobc.org](http://www.ecobc.org)). More tanker info at [www.bcwaters.org](http://www.bcwaters.org)

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# NEWSBYTES

## Join the "Paddle for Wild Salmon" Get industrial fish farms out of BC waters October 20-25

Since salmon farms took the Sechelt area by storm 30 years ago, residents, First Nations, scientists, businesspeople, organizations and even government employees have tried to minimize

between 10-11AM. The procession then departs Vanier Park at 11AM to walk to the DFO and the Cohen Commission to visit the opening day of the Cohen Commission's evidential hearings. A rally takes place at the Vancouver Art Gallery at 12:30PM.

If you are interested in joining the paddle, please contact Elena Edwards



Alexandra Morton with Komox paddlers in Courtenay.

the impact of this industry, but to no avail. Salmon farms crowd animals and they use vaccines, chemicals and engineered foods to speed growth. They are feedlots. Experience and the science of epidemiology are clear: feedlots must be isolated from the wild because they over-stimulate pathogen propagation and drug resistance. Sign the petition at [www.salmonaresacred.org](http://www.salmonaresacred.org)

"Salmon Are Sacred" has spaces for 160 people in canoes and calls on experienced paddlers, Tribal Journeys canoe teams and kayakers to join Alexandra Morton, Elena Edwards, First Nations leaders and our flotilla in pulling together for wild salmon as we journey down the Fraser River. The paddle will finish in Vancouver with a rally on October 25.

The migration will be officially launched at a "Hope for Wild Salmon" event on October 19 in Hope with other events en route including Chilliwack (20th), Mission (21st) and New Westminster (23rd). First Nations will take a leading role and paddlers include Grand Chief Stewart Phillip, Chief Bob Chamberlin and Grand Chief Saul Terry. John Cummins MP, Fin Donnelly MP, Vicki Huntington MLA, Spencer Chandra Herbert MLA, Michelle Mungall MLA and Peter Julian MP will also paddle various stretches.

**October 25: Stand Up for Wild Salmon** – at the end of the paddle, the "Stand Up for Wild Salmon" walk starts from Vanier Park in Vancouver, with a flotilla gathering in Vancouver Harbour

and Don Staniford at 250-230-1172 or email [oceananele@hotmail.com](mailto:oceananele@hotmail.com) and [dstaniford@puresalmon.org](mailto:dstaniford@puresalmon.org)

From [www.salmonaresacred.org/paddle-wild-salmon](http://www.salmonaresacred.org/paddle-wild-salmon)

## Enbridge keeps spilling

Stephanie Goodwin, director of Greenpeace in BC, having recently returned from a research trip to the Gulf of Mexico, offers the following comment regarding the Enbridge spill near Buffalo, New York: "Enbridge seems to be working to make things easier for the environmental movement than the oil industry these days. With its third oil

## Salmon farms crowd animals and they use vaccines, chemicals and engineered foods to speed growth. They are feedlots.

pipeline spill in less than two months, Enbridge is giving even its most ardent supporters a hard time finding reasons to stand behind its operations. Rather than expanding its oil pipelines into Northern B.C., Enbridge should focus on rapid expansion of its wind power production. That way Pat Daniel could start his day by checking rising winds rather than falling stocks thanks to his network of aging, dangerous pipelines." The Enbridge spill happened near Buffalo, New York on Line 10, a 144-kilometre line that moves about 70,000 barrels per

day from Westover, Ontario to Kiantone, New York through Buffalo, carrying synthetic oil from the tar sands along with condensate and other light crudes.

## Liberation BC raises awareness of inhumane treatment of factory farm animals

Every day, millions of animals are caged, beaten, electrocuted, transported thousands of miles without water, force-fed, mutilated without pain killers, slaughtered, skinned, trapped and scalded. The goal of Liberation BC ([www.liberationbc.org](http://www.liberationbc.org)) is to end the suffering of animals and to be a voice speaking up for them. Make your voice count by joining one of Vancouver's most active animal rights organizations. On September 25, people in Vancouver participated in the "Walk for Farm Animals," which took place in 70 cities across Canada and the US. The "Walk" raises funds for Farm Sanctuary, a charity devoted to rescuing abused farmed animals and advocating for farmed animal protection. Vancouver walkers have raised thousands of dollars in donations each year. Stay up-to-date on animal issues with Vancouver Cooperative Radio. Listen live every Friday, Noon-1PM, 102.7FM [www.coopradio.org](http://www.coopradio.org)

Listen to archives: [www.animalvoices.org](http://www.animalvoices.org)

## Ancient Forest Alliance stands with unions to ban raw log exports

On September 16, in a seemingly unlikely event, the Ancient Forest Alliance stood in solidarity with members of the Pulp, Paper and Woodworkers of Canada and the United Steelworkers union in Nanaimo as part of the ongoing fight to ban raw log exports in BC. AFA forest campaigner TJ Watt

sands upon thousands of forestry workers who have been kicked aside by this backwards policy...Exported logs equals exported jobs."

The AFA believes there can be a solution that works for both our ancient forests and our forestry workers. "The BC Liberal government needs to stimulate investment in the retooling of old-growth sawmills so they can handle second-growth trees. With 90 percent of the most productive lands on Vancouver Island having already been logged, the future of this industry is in sustainable second-growth forestry," says Brendan Harry, communications director of the Ancient Forest Alliance."

It is inevitable there will be a transition to logging of only second-growth forests in the not so distant future as the remaining old-growth forests become decreasingly accessible to the coastal logging industry in areas like Vancouver Island and the southern mainland. The Ancient Forest Alliance calls on the BC Liberal government to make this transition happen now, in a planned, rational way, allowing for the protection of what little endangered old-growth ecosystems are left and ensuring a smooth shift to sustainable second-growth logging instead.

"If the industry does not adjust in order to process second-growth trees, what happens down the road when that's basically all that's available? Where are the forestry jobs going to be?" Watt wonders. "The rest of most of the world is logging second, third, fourth growth and making it work. We need to be moving up the value chain, not down it. In the end, it's about the long-term sustainability of a resource and an industry and right now we're moving in completely the wrong direction."

From Ancient Forest Alliance, [www.ancientforestalliance.org](http://www.ancientforestalliance.org)

## The story of Facebook and coal

The film about the founders of Facebook, *The Social Network*, premiered in September and Greenpeace has taken the opportunity to create its own short film, *The So Coal Network*, which tells the story of how Facebook has picked dirty coal power instead of clean energy. View the animation at [www.greenpeace.org/coalfacebook](http://www.greenpeace.org/coalfacebook)

Facebook recently chose to operate its first data centre, located in Prineville, Oregon, US, with energy from Pacific Power, a utility that is fuelled primarily by coal. As part of its Cool IT campaign, Greenpeace is calling on Information Technology giants to become climate champions, but Facebook is heading in the opposite direction. More on Cool IT at: [www.greenpeace.org/coolit](http://www.greenpeace.org/coolit)



# EMPOWERMENT in EXILE

INSPIRATION



by Meredith Lawrence

IMAGINE BEING imprisoned and tortured for peacefully demonstrating for your right to religious and cultural freedoms. Imagine having to flee your home to escape persecution because of your spiritual beliefs and never being able to return to your homeland. Then imagine making a new life for yourself in a foreign country and finding the strength and courage to devote your life to the study and practice of your religion. This is the story of hundreds of ordained Tibetan women who now live as refugees in northern India.

Inspiration is often born out of necessity. For Rinchen Khando Choegyal, director of the Tibetan Nuns Project and former head of the Tibetan Women's Association, that is exactly what happened. In 1987, many years after the Chinese invasion of Tibet, there was already a well-established Tibetan exile community living in and around Dharamsala, India. That year, when a large influx of nuns arrived in Dharamsala, with no possessions and nowhere to go, the idea for the Tibetan Nuns Project (TNP) was born. In the beginning, the only goals were to secure housing, medical care and basic education for the nuns.

The nuns who arrived in Dharamsala were compelled to leave Tibet in search of religious freedom and study. Under the Chinese government, traditional Tibetan Buddhist study is highly controlled, permitting only the right to basic prayer. Practice beyond this is a punishable crime. In search of the freedom to study their religion, the nuns who arrived in Dharamsala made the dangerous, month-long journey out of Tibet, arriving in Dharamsala illiterate and without housing.

As plans to care for the women progressed and as more nuns arrived, the Tibetan Nuns Project, with Rinchen Khando Choegyal at its head, emerged. Twenty years later, TNP is an integral part of the Tibetan exile community, supporting, educating and empowering more than 700 refugee nuns.

Many of the nuns who arrive in Dharamsala have been tortured, imprisoned and starved. One nun

recounts, "We were arrested so many times, we suspected that Chinese spies were involved... Finally, we were released and sent back to the Tibetan border. I knew that if I returned to Tibet, we would be killed, so we decided to try to get into Nepal again. We walked for one month in the mountains. We were weak and sick and went for eight days without food." In most cases, the nuns arrive without money or possessions and without knowing how to read or write, having had little opportunity to learn more than basic prayers.

Today, with the support and guidance of TNP, these courageous women have access to the full breadth of Tibetan Buddhist teachings as well as a modern education, including classes in math, English, history, computer skills and health-care training. In addition, TNP established the first higher education institute devoted exclusively to the nuns, which offers them the equivalent of a Masters degree. While their lives are simple, the nuns of the Tibetan Nuns Project today lead amazingly empowered lives, which they could not do in Tibet as it is currently governed.

Traditionally, nuns have not been able to study to reach as high a degree as the monks. It is extremely important the nuns have the opportunity to study both their religion and affairs of the modern world. With this education, nuns have the tools to ensure that their culture is sustained. A nun who is educated can pass this knowledge on to the members of her community, including the means with which to interact with and understand the society of the world in the 21st century. No matter what the future of Tibet holds, these women are committed to the study and preservation of Tibetan Buddhism and Tibetan culture.

It is important to remember that these women have suffered nearly unimaginable trials, many of them having been tortured for their beliefs, and they are living their lives in exile, far from their homeland. "If I was given the choice, I would have done this in Tibet," says Rinchen Khando.



Rinchen Khando Choegyal

## Benefit talk for Tibetan Nuns Project

Monday, October 25  
7:30pm (reception to follow)  
\$10 suggested donation.

Or Shalom Synagogue  
710 East 10th Avenue, Vancouver  
Contact [info@tnp.org](mailto:info@tnp.org)

In this informative talk, Rinchen Khando Choegyal, director of the Tibetan Nuns Project and Dr. Elizabeth Napper talk about the transformative effect advanced education has had on the exiled nuns, the Tibetan exile community and the preservation of the Tibetan culture.

Rinchen Khando Choegyal is a native of Tibet and escaped with her family to India in 1959. She is the second woman in the history of Tibet to be elected as a cabinet minister in the Tibetan Government-in-Exile (1993-2001) and is a founding member of the Tibetan Women's Association. She is married to Ngari Rinpoche, the youngest brother of His Holiness the Dalai Lama and lives in Dharamsala, India. Dr. Elizabeth Napper has worked full-time with the Tibetan Nuns Project since 1991. As co-director, she has helped develop new curricula that combine traditional Tibetan Buddhist studies with a modern education. She is author of *Dependent-Arising and Emptiness*, co-author of *Fluent Tibetan*, editor of *Mind in Tibetan Buddhism*, and co-editor of *Kindness, Clarity and Insight* by His Holiness the Dalai Lama.

[www.tnp.org](http://www.tnp.org)



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**Do you cringe in disgust  
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### OCT 1-3

**Mission World Community Film Festival:** Communities in Action. Heritage Park Centre, Mission. Advance weekend pass Adults/\$30, Students & low income/\$15, [www.missionfilmfestival.ca](http://www.missionfilmfestival.ca)

### OCT 8

**The Great Classical Joint Reunion / Jam**  
8pm, Ironworks, 235 Alexander St. Performances by Vancouver jazz artists & tribute to the Joint's owner Andreas Nothiger who nurtured local jazz for 20 years. Tickets & details: [www.coastaljazz.ca/concert/great\\_classical\\_joint\\_reunion](http://www.coastaljazz.ca/concert/great_classical_joint_reunion).

### OCT 15

**Introduction to Ear Reflexology** commences Certificate Weekend Training Course. Introduction 7:30 PM, \$10; Course \$350. Pacific Institute of Reflexology (604) 875-8818 [www.pacificreflexology.com](http://www.pacificreflexology.com)

### OCT 16

**Common Ground Special Events** presents a talk and Q&A with Sex, Lies & Pharmaceuticals co-authors Ray Moynihan and Barbara Mintzes along with Alan Cassels, co-author of Selling Sickness. See display ad in Health section for further details.

### OCT 16-17 & OCT. 23-24

**Become a Certified Life Coach:** Build on your existing skills and life experiences. Vancouver: October 16-17, Kelowna: October 23-24. 1 (866) 455-2155, [www.certifiedcoachesfederation.com](http://www.certifiedcoachesfederation.com)

### OCT 17

**J. KRISHNAMURTI** - Discussion with Students. DVD & Dialogue Series 4PM. Planetarium. \$5. 604-734-7774.

### OCT 17

**Wilderness Committee hosts "A Day for the Bay."** 12 Noon, English Bay, Vancouver. Help stop crude oil tankers on the BC Coast! Keep BC beautiful. Join this celebration of the Bay with music, boats & more. Let's keep the West Coast oil spill-free.

### OCT 20

**Digestion, Mercury and Your Health** with Dr. Jonn Matsen, ND, 7-9PM, Firefighters Banquet & Conference Centre, 6515 Bonsor Ave, Burnaby. Tickets: \$15/advance, \$20/door. \$5 off for HANS members. [www.hans.org](http://www.hans.org) or (604) 435-0512. Presented by Health Action Network Society.

### OCT 21

**Ecojustice 20th Anniversary celebration** Toronto. Leading Canadian lawyer Clayton Ruby hosts this celebrity studded reception. University of Toronto Faculty Club. Tickets \$75 at [www.ecojustice.ca/20years](http://www.ecojustice.ca/20years) or call 1-800-926-7744 ext.293.



## East and West – The Classical Music of South Asia and Europe.

### OCT 21 & 22-25

**Tulku Lobsang shares the Tantrayana Healing Wisdom:** Oct 21: Sexuality and Spirituality, Norman Rothstein Theatre, 950 West 41st, 7-9PM, \$20. Oct 21: Book signing Burnout Syndrome: A Tantrayana Perspective, Banyen Books, 3608 West 4th Ave., 3-4PM. Tickets: 604-737-8858. Oct 22-25: Weekend retreat "Tummo: The Inner Fire Practice." Halfmoon Haven, Sunshine Coast. \$525 (or \$400) all-inclusive. Call Farrah 206-819-0165, [farrah@tulkulobsang.org](mailto:farrah@tulkulobsang.org)

### OCT 22

**Meditation for Planetary Peace** on the Full Moon, Friday, October 22nd at 7:30 PM. 2950 Laurel St, Vancouver. [www.pranichealing.ca/vancouver.htm](http://www.pranichealing.ca/vancouver.htm)

### OCT 22-24

**Laughter Yoga Certification Training:** Train to be a Laughter Leader and fill your life with fun and friendship. No yoga experience necessary. [www.thesmilingyogi.com/training.htm](http://www.thesmilingyogi.com/training.htm) 604-267-2789.

### OCT 22-24

**"The Joy of Being":** Eckhart Tolle's most recent retreat on DVD - new pointers to awaken and reconnect with your essence! [www.swanwickcentre.ca/](http://www.swanwickcentre.ca/) 250-744-3354 (Victoria).

### OCT 26

**Ecojustice 20th Anniversary celebration** reception with The Honourable Constance R. Glube. Museum of Natural History, Halifax, Nova Scotia. Tickets \$40 at [www.ecojustice.ca/20years](http://www.ecojustice.ca/20years) or call 1-800-926-7744 ext. 293.

### OCT 27

**How to Respond When Someone You Love** Has Been Traumatized: Featuring leading expert Dr. Christine Courtois. JIBC New Westminster Campus, 7- 8:30PM. Registration required: 604.528.5608.

### OCT 28

**Ecojustice 20th Anniversary gala** with award-winning novelist Ronald Wright. An evening to celebrate environmental leadership with dinner,

## Sunday Oct 31st

Vancouver Inter-Cultural Orchestra and Platon Promotions present East & West – The Classical Music of South Asia and Europe.

**2pm; Centennial Theatre  
2300 Lonsdale, North Vancouver**

World renowned pianist, Yaroslav Senyshyn and sitarist, James Hamilton with Sarabjit Matharu, on tabla. Tickets: \$30/\$20/\$10  
Box Office: 604-984-4484  
[www.centennialtheatre.com](http://www.centennialtheatre.com)

silent auction and entertainment. The Law Courts Inn, Vancouver. Tickets \$125 at [www.ecojustice.ca/20years](http://www.ecojustice.ca/20years) or call 604-685-5618 ext. 293.

### OCT 29

**Introduction to Foot Reflexology** commences Certificate Weekend Training Course. Introduction 7:30 PM, \$10; Course \$350. Pacific Institute of Reflexology (604) 875-8818 [www.pacificreflexology.com](http://www.pacificreflexology.com)

### OCT 29-31

**Shamanic Coaching program** begins in Vancouver. Hosted by the Institute of Shamanic Medicine. Register for year one; 5 weekends per year. 1-877-329-8668 or [info@shamanicmedicine.ca](mailto:info@shamanicmedicine.ca) [www.shamanicmedicine.ca](http://www.shamanicmedicine.ca)

### OCT 31

**Shamanic Drumming & Dreaming Circle:** Experience 'dreamtime journeywork.' Insight/healing with your Nature spirit guardians. New location: at SPEC (Society Environmental Conservation) Bldg., 2150 Maple St, & W. 6th Ave, near Arbutus St., Kitsalaino, 7-9PM. By donation. Earthsong Healing Circles. 604.418.9636. [www.shamanichealing.info](http://www.shamanichealing.info)

### OCT 31

**East and West:** Pianist Yaroslav Senyshyn, Sitarist James Hamilton, Sarabjit Matharu (tabla) Sunday, 2PM, Centennial Theatre, [www.centennialtheatre.com](http://www.centennialtheatre.com)

### NOV 3

**An evening with Dr. Christiane Northrup:** "Women's Bodies, Women's Wisdom; Flourishing in a Female Body." Queen Elizabeth Theatre; 6pm, VIP Meet & Greet Reception; 6:30pm, Doors open to general public. Arrive before 7pm and be entered into the early bird prize draw. Presentation: 7:30pm. Tickets at Ticketmaster, 604-280-4444 or [www.ticketmaster.ca](http://www.ticketmaster.ca) For more information visit, [www.FlourishEventProductions.com](http://www.FlourishEventProductions.com) [www.flourisheventproductions.com](http://www.flourisheventproductions.com)

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**More than Entertainment - Dr Wayne Dyer**, world renowned Author and Speaker will show you how to find your life's purpose and your true sense of fulfillment and joy. Experience "The Shift: Moving Ambition to Meaning." 7PM, Queen Elizabeth Theatre. Tickets available at Ticket Master.

## NOV 27

**Institute of Holistic Nutrition Grand Opening:** All welcome. 10-3:30PM. Course curriculum info & career opportunities. Door prizes. Natural Health exhibit. Book Sale. [www.instituteofholisticnutrition.com](http://www.instituteofholisticnutrition.com)

## DEC 5

**ADAM DreamHealer Workshop** - "INTENTION HEALS." Experience Unique Group Energy Healing Sessions with ADAM, international speaker, Molecular Biologist, author and First Nations Healer. Learn techniques to focus intentions embracing self-empowerment and your own healing power. All registration: [www.dreamhealer.com](http://www.dreamhealer.com)

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**SOS (Science of Spirituality):** See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. [www.sos.org](http://www.sos.org)

**Centre for Spiritual Living:** Join us every Sunday @ 11 AM for spiritual teachings and great music at #08 1880 Triumph Street (at Victoria Drive), Vancouver. Info: 604-321-1225, [www.cslvancouver.com](http://www.cslvancouver.com)

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**Reflexology Student Clinic** 6-10pm. One-hour sessions \$20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. [www.pacificreflexology.com](http://www.pacificreflexology.com)

## WEDNESDAYS

**Alternatives to Vaccines.** Homeopathic Immunizations: Drop-in Information Sessions. Monthly, the 2nd Wednesday. 2PM-5PM. \$29ea (includes remedy). 604-568-4663, [info@accessnaturalhealing.com](mailto:info@accessnaturalhealing.com)

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...**Drug Bust** from p. 11

to be unpacked a little bit. Maybe it even needs to be something you discuss with your partner before seeking out the chemical fix?

Drugs for PE have the drug companies really excited because the PE market is potentially gargantuan. In fact, some 'research' suggests that as many as 30 to 40 percent of guys of all ages could be "sufferers" and in need of treatment. In comparison, the market for ED drugs is tiny, affecting only 10 to 12 percent of the male population, of which the majority are usually older males.

Before you dismiss me as being insouciant about male sexual problems, let me reiterate there are a number of physical and psychological causes for male sexual difficulties. Many medical problems such as diabetes, heart or blood vessel problems as well as certain medications, including some antidepressant drugs, can affect sexual desire and function. Then there's the usual litany of anxiety, stress and relationship problems, any of which can affect men

and their enjoyment in sex. The bottom line is that sexual problems aren't often primarily medical problems, but they sometimes are.

While women will vigorously resent having their levels of sexual desire crammed into a medical definition and pushed towards a pharmaceutical solution, we men seem more accepting of drugs for our sexual function, making it that much easier to seek out a pharmaceutical enhancement. After all, popping a pill fits the "just fix it" mentality of many men, certainly a lot easier and less messy than talking through relationship problems.

The market for male sexual dysfunction is not yet tapped out and while the industry is vigorously working to marketize drugs and medicate women for their sexual problems, we shouldn't expect the industry to leave us men alone anytime soon.

*Alan Cassels is a drug policy researcher at the University of Victoria.*

...**GE Salmon** from p. 28

ty's own data appear to confirm this potential. Additional data are clearly needed. Data from testing two small samples show there could be a risk of increased allergy potential.

The aquaculture industry in Canada and internationally says there is no market demand for the GE salmon. As Ruth Salmon, executive director of the Canadian Aquaculture Industry Alliance told CBC, "The Canadian aquaculture industry does not support the commercial production of transgenic fish for human consumption." The aquaculture industry is right to be afraid of the GE fish. Not only is approval of GE salmon likely to scare consumers off farmed salmon, but the media attention may also highlight the existing criticisms of factory fish farming. Through this debate, for example, consumers may discover that farmed salmon are nutritionally inferior to wild Atlantic salmon, being substantially lower in beneficial omega-3 fatty acids. According to AquaBounty's data, the GE salmon have an even lower ratio of omega-3 to omega-6 fatty acids than other farmed salmon.

#### Fishy Canadian research

Just like the GE "Enviropig" that came from the University of Guelph, this GE salmon is the product of publicly funded university research in Canada. Dr. Garth Fletcher from Memorial University of Newfoundland (MUN) and Dr. Choy Hew of the University of Toronto patented their gene construct for transgenic fish in 2001. As recently as January 2010, the federal government granted public funds to AquaBounty for research that can be applied to their GE salmon. The company was given \$2.9 million from the Atlantic Innovation Fund to "improve the culture of reproductively sterile Atlantic salmon"

with the objective of "the safe commercial launch of triploid salmon with Atlantic Canada identified as the source for associated commercial benefits, and worldwide distribution of the product."

#### The Future is now – or never

AquaBounty's transgenic salmon is in competition with the University of Guelph's "Enviropig" to become the first GE animal introduced into our food system. "As the FDA considers its first genetically engineered food animal, we're hopeful that this process will pave the way for future technologies currently in the pipeline," said Jim Greenwood, president and CEO of the Biotechnology Industry Organization in a September 20 press release. "Other new technologies in development include GE cattle, goats, pigs and fish that can advance human health, mitigate environmental impact, optimize animal welfare, improve state-of-the-art industrial products and provide sustainable food sources in agriculture and aquaculture," Greenwood added.

However, AquaBounty's controversial fish and the FDA's release of its shoddy data have made the biotech industry more vulnerable than ever. Mark Walton, president of Viagen, "The Cloning Company" and Chair of the Biotechnology Industry Organization's Animal Biotechnology Committee, told the recent Agricultural Biotechnology Industry Conference in Saskatoon that FDA staff themselves were concerned that AquaBounty would not have enough allies in the room at the September FDA hearings.

They were right.

*Lucy Sharratt is the coordinator of the Canadian Biotechnology Action Network. [www.cban.ca](http://www.cban.ca)*

# On Track Zodiac



**OCTOBER 2010** Adrien Dillon



#### ARIES (Mar 21 – Apr 19)

By all accounts, your portfolio looks promising and this is a good time to stop and feel rewarded. Sit tight and have some fun with what you have, leaving all the chess pieces where they are. This is not a time to make a big financial move.



#### TAURUS (Apr 20 – May 21)

If you find you are choked up and can't express yourself, simply ride it out. Wait for an opportune time to get your point across in a more neutral way. You may feel your emotions are being stuffed down; perhaps find an outlet to release any frustration. Things will improve after several weeks.



#### GEMINI (May 22 – Jun 20)

Most people acquire too many belongings and you might feel you have outgrown many of the sentiments cluttering your home. As you become aware of the clutter in your mind, as well as in your living quarters, you make a breakthrough to clarity.



#### CANCER (Jun 21 – Jul 22)

You are the creative original, the cardinal sign that starts a unique idea or even develops new ones that others can only hope to match. Now you can continue to tap into that reservoir that is your birthright.



#### LEO (Jul 23 – Aug 22)

To rebel is partly to break with tradition and partly to oppose and resist. Lately, some power issues may have developed in your business or even in your mundane, daily affairs. You will not sell out nor will you ride along with the status quo. You enjoy making your point.



#### VIRGO (Aug 23 – Sep 22)

Travel plans and seeking new horizons have been on your mind. You may take a short trip alone or try and arrange a rendezvous with others for a much needed adventure. The distance isn't as important as the anticipation and excitement you will enjoy.



#### LIBRA (Sep 23 – Oct 22)

Your desire to branch out of what is perhaps an ordinary life has you spending money on things that down the line you will wish you hadn't. If possible, try to learn the art of frugality. Make each person, place and thing sacred in its present form.



#### SCORPIO (Oct 23 – Nov 21)

You will want to charge like a bull while feeling more like a tortoise. Desiring to let off steam, you will need to pick your battles or at least do things to release your pent-up energy in wise-warrior fashion. Use discretion; you have learned this well in the past.



#### SAGITTARIUS (Nov 22 – Dec 21)

This is a great time for social activity and making new friends. You are jovial and enterprising. Creative ventures feel better than ever and sharing with others is rewarding. Splurging on yourself brings out the best in you.



#### CAPRICORN (Dec 22 – Jan 19)

You might not mind conforming to rules and procedures now, as you like the sense of order. Things are coming together for you and you could be feeling more settled. You sense that anything concrete in terms of plans and wishes has your back.



#### AQUARIUS (Jan 20 – Feb 19)

You continue to chop wood and carry water and to instill discipline and integrity in your daily affairs. The self-concepts you had are now changing and in the self-improvement itinerary you have begun for yourself, you love who you are.



#### PISCES (Feb 20 – Mar 20)

Feelings of deep love and perhaps even of commitment may overwhelm you. The need to be loved is coupled with the need for more freedom and you could find yourself at odds with your desires. Nevertheless, a more unique and expansive relationship is coming to bring out your wild side.

*Adrien Dillon is a clairvoyant consultant and author with 35 years experience in astrology, multi-media art and healing, [adrien.dillon@gmail.com](mailto:adrien.dillon@gmail.com).*



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**Dr. Northrup is the author of two New York Times best-selling books, *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*. Her work has been featured on the Oprah Winfrey Show, the Rachael Ray Show and ABC's 20/20.**

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